

NYAL COOK BOOK



PREPARED BY
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Editor of the
BOSTON COOKING
SCHOOL MAGAZINE

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TABLE LAID FOR THANKSGIVING DINNER

NYAL COOK BOOK

PRACTICAL RECIPES
THAT HAVE BEEN TESTED IN ACTUAL USE

PREPARED BY ONE OF
THE WORLD'S MOST FAMOUS
DOMESTIC SCIENCE AUTHORITIES

JANET MCKENZIE HILL

EDITOR BOSTON COOKING
SCHOOL MAGAZINE

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BY

THE BOSTON COOKING-SCHOOL MAGAZINE Co.

PREFACE

AMERICAN cookery has become cosmopolitan in its character. The New England cookery of colonial times has been superseded by cookery that has culled the best from every land and clime.

Our markets glean from the whole wide world, to meet the demands of a people assembled therefrom, and cookery depends largely on what is available.

Cosmopolitan cookery does not mean complicated manipulation of materials, but it deals largely with the cheaper food-products, together with other dishes than the plain roasted, broiled or boiled joints common in the days of our forefathers.

The Nyal Cook Book deals with the matter in hand in a simple, concise manner; and while each recipe is, in general, so written that any one not versed in cookery can carry it out, the beginner before attempting a new dish would do well to make a study of the brief introductory matter given at the head of the chapter in which the recipe is found.

Also, in examining a new recipe it is well to note the essentials and the non-essentials that make up its content. Non-essentials are usually added for variety in flavor or appearance, and if not agreeable may be eliminated without detriment to the dish; at the same time let no one forget that flavor in food is a prime requisite and it must be brought out or retained in the viand as the case may demand.

The world is sadly in need of cooks, men and women, who can take common, inexpensive food-products and so treat them as to bring out their latent juiciness and flavor, and at the same time retain their nutritive properties and render them assimilable.

JANET M. HILL.

February 22, 1916.

NOTE. In all recipes in which flour is called for, bread flour (spring wheat) is indicated when yeast is to be used; in all other cases pastry flour is to be used. Flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. Unless otherwise indicated, a tablespoonful or a teaspoonful of any designated material is a level spoonful of such material.

J. M. H.

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INTRODUCTION



The **Nyal** Cook Book contains tested, practical recipes prepared by one of America's foremost cooking authorities. This book has been especially prepared for **Nyal** Quality druggists. It is a standard work which will be appreciated by the busy housewife because it suggests a wide selection of nutritious, palatable dishes which add variety and zest to the daily menu.

The **Nyal** druggist believes in quality and service—he gives both in ministering to the many, almost daily, needs of the average household.

There is a **Nyal** Quality Drug Store in practically every town and hamlet in the United States. In the larger cities, there are many of these **Nyal** Quality Drug Stores. These Stores control the sale of the **Nyal** Line of reliable medicinal prescriptions intended for the relief of minor ailments which are not sufficiently serious to require the services of a physician. You will find that you can depend upon these tested, guaranteed, **Nyal** home prescriptions each of which is especially prepared for the treatment of a single ailment. Full and specific directions for use are found on each package.

These **Nyal** prescriptions are time-tried and service-proven—they have been giving the best of satisfaction for many years. Because of their reputation for reliability, your **Nyal** druggist will unhesitatingly refund your money

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if you should fail to get satisfactory results from the **Nyal** prescription which you have taken strictly according to directions.

Each **Nyal** prescription is prepared from the best and purest of carefully tested standardized drugs and chemicals and compounded by expert chemists. **Nyal** Home Prescriptions are manufactured in one of the largest and most up-to-date pharmaceutical laboratories in the United States. The name "**Nyal**" on any medicinal preparation is to you a guarantee that it is the best that the drug world produces. Your **Nyal** druggist knows the formula of every **Nyal** prescription and will gladly advise you of the ingredients contained in each.

In medicine, quality is of the utmost importance. There is nothing experimental about any of the **Nyal** preparations. Before these products are offered for sale, they have been thoroughly tested and found to be completely reliable. You cannot afford to take any chances with experimental, uncertain, or untried formulas.

At the back of this book you will find a list of a number of **Nyal** medicinal prescriptions with suggestions for their use. Whenever in need of a medicine for the treatment of a slight ailment, we suggest that you consult this list. We are confident that you will be well satisfied with the results obtained through the use of **Nyal** Family Prescriptions.

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DETROIT

MICHIGAN,

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Suggestions to Young Housekeepers on Economy and the Use of Left-Overs



There are so many attractive things that a young housekeeper wishes to possess and her income is so inelastic that she is apt to scrimp on the food supply. This is the poorest kind of economy. The drains on the energy and vital forces of young people are many and these are to be met almost wholly by food. To be able to put forth his best efforts and do a good day's work, be it mental or physical, a man must be well nourished. The largest intake of food is needed at about the age of twenty-four years. The children in the family are building bone, nerves and tissues and their condition throughout life will depend upon the provision of proper building materials at this period. A woman can undertake no more important business than this of supplying proper food to her family. The wise woman considers her housekeeping a matter of business with the health of her family as the main object of her labors. First of all, she must acquaint herself with the composition of all food supplies; that is, come to know food values, in order that she may know whether she is providing her family with bread or a stone.

Marketing Economically

In order to buy economically one must go to the market in person and see what she buys. Do not give orders by telephone or through the boy sent from the market, and do not go to market with the intention of buying just such articles and no others; take advantage of the supplies offered; an oversupply of a certain article may have lowered the price for the time being; this is your opportunity. Do not buy, however, unless the product be of good quality

and of such character as will be acceptable to your family, for bargains in food are usually the poorest investments possible. Learn to market by marketing. There is no sure way to distinguish the various cuts of meat but by seeing them cut from the side of beef or lamb and then by handling them yourself. Soon you will know by the external appearance whether you are buying bone, fat or lean meat, or whether the cheap cut which you plan to buy is of such quality as it should be. In buying vegetables remember that size is not always a favorable recommendation. You get the most from your money when all the edible portions of what you buy are eaten. Tenderness, an accompaniment of youth, is what you are to look for in vegetables. Fresh fruit is well nigh a necessity and it is more economical to buy in small quantities than to run the risk of its decay on your hands. Bananas, if rather green, may be bought more generously, but they should be attached to the parent stalk, and removed from the paper bag enclosing them as soon as they are received in the house.

Spending Time Rather Than Money

Marketing in person means an expenditure of time, but this is only a beginning of what may be done in the line of economy, if time be available. Slices of tender meat and fish, with little or no preparation, may be broiled in a very few minutes, and one rarely tires of the choice flavor of carefully broiled foods; but these items, as also choice roasts, are too expensive for daily use. Flavor is what makes food appetizing. The woman who wishes to economize, and at the same time please her family, must be willing to give minute attention to the details that are necessary to bring out the latent juiciness and flavor in common food products and render them palatable and assimilable. We enjoy the flavor of meat, and inexpensive cuts may be made into dishes quite as nutritious as the more tender portions; also those cuts may be so used as to extend the meat flavor to bland

vegetable foods, as the grains and cereals. In cooking the cheaper cuts of meat the connective tissue must be changed to gelatine. For this moisture, usually water, is introduced and long cooking is resorted to.

The first thing in cookery that the young housekeeper needs to learn is, that meats and kindred food-products, after they are once seared over on the outside to keep in the juice, *must* be cooked at a low temperature; also that slack-baked bread, cake or flour-mixtures will surely occasion dyspepsia. When the cooking of the cheaper cuts of meat is completed, the fibres should be tender and held together loosely, yet compactly, in a slightly gelatinous mass. Meats lacking in flavor are often improved if onions, celery, tomatoes, green or red peppers be cooked with them.

Use of Left-Overs

As a rule recooked food loses in digestibility, and, in general, it is best to buy and cook just enough for the meals of most articles that make up the day's supply, but even then there will be usually some good material "left over" that is worth attention. Indeed, no woman can expect to get the most possible from her marketing unless she takes personal care of the "left overs."

Meat gravy left on the platter will provide flavor for a sauce or soup, especially if it be helped out with the browned juices on the bones, and the skinned legs of a fowl. The flank end of a steak, run through the food chopper, will add food value and flavor to a dish of macaroni for the mid-day luncheon; reserve, but once, the water in which a cod or haddock was boiled and thereafter the saucepan of rich fish jelly will supply the basis of an appetizing fish chowder; also bits of fresh fish may be used in soufflés, in fish cakes or in salad; even half a cup of cooked peas or asparagus will change the character of the poached or scrambled eggs at breakfast and will make a prosaic French omelet a feast for the eye and the palate, to say nothing of the possibility of getting along with a smaller number of eggs.

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But if these and all other left-overs are to be available, they must be taken care of. Left uncovered over night, moisture dries out and a generally unpalatable appearance is presented. Close covering is essential, but this must be delayed until the articles are cold; nor should warm food be set aside in the same dish with cold articles, lest the whole become sour.

Points Necessary for Success in Preparing "Left-Overs"

- (1) The food must be sweet.
- (2) The left-over food must be combined with suitable ingredients.
- (3) The left-over food must have been properly handled when cooked the first time (as, doughy, uncooked bread can not be made wholesome, no matter how treated or with what ingredients it be combined).
- (4) As most articles lose flavor on recooking, flavor must be added.
- (5) As left-overs are already cooked and heat hardens them, they should be protected from strong heat, by sauce, pastry, buttered crumbs, fritter-batter or by egg-ing-and-crumbling them.
- (6) All unedible portions of the article must be carefully removed before it is combined with food in an edible condition.
- (7) Articles that call for long cooking must not be combined with food already cooked.

Choice of Dishes

The use to which left-over material is to be put is to be decided by the materials at hand; enough materials are to be added to make the dish "go round," but it is not wise to add supplies that cost more than a palatable dish in a fresh state would cost; for made-over dishes are not as easily digested as those that are cooked for the first time.

One of the simplest ways of serving left-over vegetables, fish, or meat is in a cream sauce; a generous cup of meat

SUGGESTIONS TO YOUNG HOUSEKEEPERS

or vegetable is allowed to each level cup of hot sauce, thus practically doubling the quantity of the dish; made into a cream soup the quantity of the dish is doubled again. Most every one likes these dishes, as also croquettes and soufflés which have a cream sauce as a foundation; but there is danger of serving creamed dishes too often. All "made dishes" are for occasional use. Those who desire a clear complexion (and this means a healthy stomach) must beware of hidden fats as a steady diet. Fat is a necessity in the dietary, but starch fried in fat is not the most hygienic form in which it can be presented.

There are three ways in which a white sauce is made; the usual and quickest method is not the most wholesome, and, if creamed dishes are heartily approved by the family, occasionally, take a little more time to prepare the dishes and use one of the more hygienic methods of combining the ingredients. The three ways of making a white sauce are as follows:

White Sauce (Quick Method)

- 2 tablespoonfuls butter
- 2 tablespoonfuls flour
- $\frac{1}{4}$ teaspoonful salt
- $\frac{1}{4}$ teaspoonful pepper
- 1 cup cold milk or white broth

Melt the butter; in it cook the flour, salt and pepper until bubbling throughout; add the cold liquid and cook and stir constantly until boiling. As the flour (starch) cooked in the bubbling butter is cooking at a high temperature, it is cooked quickly, and, when the sauce has boiled five or six minutes, it is done.

White Sauce (Hygienic Method)

- $\frac{3}{4}$ cup milk or broth scalded over boiling water
- 2 tablespoonfuls flour
- $\frac{1}{4}$ teaspoonful salt
- $\frac{1}{4}$ teaspoonful pepper
- $\frac{1}{4}$ cup cold milk

Gradually stir the cold milk into the flour, salt and pepper sifted together; stir until the mixture is perfectly smooth, then stir into the hot milk, and continue to stir until the

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sauce thickens; cover and let cook fifteen to twenty minutes, stirring occasionally. As the flour (starch) is cooked at a low temperature, long cooking is necessary. If a flavor of butter is desired, remove from the fire and beat in one or two tablespoonfuls of butter, a little at a time.

White Sauce

- 1 cup milk scalded over boiling water
- 2 tablespoonfuls butter
- 2 tablespoonfuls flour
- $\frac{1}{4}$ teaspoonful salt
- $\frac{1}{4}$ teaspoonful pepper

Cream the butter; gradually beat into it the flour and seasonings, then add a little of the hot milk and stir until smooth; add a little more milk, stirring each time smooth, until the mixture may be poured into the double boiler; stir constantly while the mixture thickens, then cover and let cook fifteen to twenty minutes. From a hygienic standpoint this sauce is classed between the other two. The starch is not "fried in butter," but is cooked, and butter is at its best when subjected to no heat higher than that of the article with which it is served, after cooking is completed.

Other Similar Sauces

Brown and tomato sauces may be made by any one of these recipes by simply changing the liquid to brown (beef) broth or tomato purée (cooked tomatoes strained).

Croquettes

One of the best means of occasionally using left-overs of delicate meat and fish is in croquettes. With a little practice croquettes are easily made ready early in the day and the final cooking is the work of but a few minutes; and a carefully prepared croquette is certainly a delicacy not to be despised.

If frying be objectionable, they may be baked. For baking they should be single breaded; that is, the first covering of crumbs should be omitted, lest the croquette be dry.

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Fried food is often condemned in a wholesale manner that the facts do not warrant. Fat raised to too high a temperature breaks up into acrid compounds that are not wholesome; carelessness in heating fat can not be condemned too strongly; but the woman who understands this and gives careful attention to the process will not err in this respect. An article fried in fat of a proper temperature and drained on soft paper should contain no appreciable fat. The hot fat into which an article coated with egg and crumbs is lowered in frying hardens the coating instantly, making the article impervious to fat and keeping in the flavor and juice.

Care of Fat after Frying

Crumbs, flour or other food, which have dropped into the fat during the process of frying, burn at a much lower temperature than does the fat itself; if these be not removed before the fat is again reheated they will blacken and spoil the fat. With a tin pail, kept for the purpose, it is the work of but a few minutes to pass the partially cooled fat through a cheesecloth or piece of old linen laid over a strainer (to hold it in place) in the pail. When the frying bowl has been thoroughly cleansed the fat may be returned to it.

Left-Overs in Salads

Delicate meats, fish and most vegetables left over are particularly appetizing and wholesome when presented in the form of salads; lettuce, cress, endive and celery may be used to increase the bulk. The plain French dressing—three tablespoonfuls of oil to one of vinegar with salt, pepper and, quite generally, a few drops of onion juice or scraped pulp—is the most desirable sauce for these dishes; though occasionally when tomatoes or cauliflower form a part of the dish the richer mayonnaise may be used. Salads and dressings are given fuller attention on another page.

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RECIPES TO SERVE TWO TO FOUR PEOPLE

Lamb-and-Tomato Soup

This recipe may be found on page fifteen. The water in which a leg or piece of the forequarter of lamb was boiled may be used for this soup. If preferred, the bits of vegetable may be left in the soup.

Chicken Timbales

This recipe is given on page sixty. It will serve four. Veal, ham, lamb, tongue or fish may be used instead of the chicken. Or, instead of one variety of meat several may be combined.

Salmon Timbales

This recipe is given on page forty-one, the one for cooked salmon. It will serve four. Delicate meats or other fish than salmon may be used. Usually a sauce is served with timbales, but this may be replaced with stewed or scalloped tomatoes, buttered onions, etc.

Hot Chicken Sandwich, Indienne

Remove the flesh from the bones of cold, stewed or roasted chicken, and chop the meat, not too fine (use bowl and knife). Have ready rounds of toasted white bread; spread these with butter, and then generously with chicken and press together in pairs. When ready to serve pour over very hot chicken gravy. Serve with cabbage or celery salad or stewed cranberries. In making the sauce use one-fourth a teaspoonful of curry powder with each two tablespoonfuls of flour. The better the chicken broth for the sauce the better the dish will be. Baking-powder biscuit, split and toasted, may replace the bread. English muffins may also be used.

Chicken Croquettes

This recipe is given on page sixty-one; it makes eight croquettes. Other delicate meats, fish or shellfish may be used in place of the chicken. Do not chop the chicken,

but cut it by hand in small cubes or tangible pieces. A croquette is at its best when it is made up of small pieces of material, each surrounded by a creamy sauce.

Lamb Soufflé

1 tablespoonful butter	$\frac{1}{4}$ teaspoonful pepper
1 tablespoonful flour	$\frac{1}{2}$ teaspoonful onion juice
1 cup tomato purée	1 teaspoonful parsley
$\frac{1}{4}$ cup soft bread crumbs	2 egg-yolks, beaten light
$\frac{1}{2}$ teaspoonful salt	1 cup chopped lamb
2 egg-whites, beaten very light	

Melt the butter; in it cook the flour, add the purée and stir until boiling; add the crumbs, seasoning, egg-yolks and meat and mix thoroughly; fold in the whites and turn into a buttered baking dish. Set into a dish of boiling water; let bake until firm, but without boiling the water. Serve with caper or tomato sauce or with green peas or Lima beans, well buttered. This will serve two or three.

Creamed Corned Beef au Gratin

Make one pint of cream sauce by the second recipe for cream sauce, scalding two slices of onion and a stalk of celery with the milk and removing from the finished sauce. Add two cups of cooked corned beef cut in small cubes and turn into a buttered dish. Cover with half a cup of cracker crumbs mixed with two tablespoonfuls of melted butter. Bake until the crumbs are brown.

LEFT-OVERS FROM ROASTS OF BEEF

"Left-overs" from pot or other roasts of beef with the bones will make a good stew, a cottage pie or an ordinary meat-pie with buscuit crust. For either of these latter dishes the meat, cut in bits and freed of all unedible portions, should be covered with boiling water and after boiling five minutes be simmered until tender.

Cottage Pie

Put the meat prepared as above, seasoned with salt, pepper, Worcestershire sauce and little onion if desired, into a baking dish; add a little hot brown sauce, if any

be left from the roast. Have ready hot, mashed potato, seasoned with salt and pepper and made a little moist with milk and butter; spread potato over the top of the meat; pipe on a little if time is available; brush over with the beaten yolk of an egg mixed with a little milk and set into the oven to brown the edges of the potato slightly. Do not make the potato too moist.

Macaroni and Beef

For a cup of tender beef in pieces, such as are used for the pies described above, boil one cup of macaroni in rapidly boiling, salted water until very tender; drain, rinse in cold water and drain again. Melt one-fourth a cup of butter; in it cook one-fourth a cup of flour and half a teaspoonful, each, of salt and pepper, then add one cup of tomato purée (cooked tomatoes pressed through a sieve) and one cup of soup stock made from the meat (flavored with celery, carrot and onion) and stir until boiling; add the macaroni and meat and let stand over hot water until very hot throughout. This will serve from two to four.

Cheese Pudding with Pimiento

Butter two thick (three-fourths an inch) slices of bread, put the slices together and cut them in cubes. In a buttered baking dish mix the cubes of bread with a pimiento cut in small squares, and two-thirds a cup of sliced or chopped cheese. Beat two eggs; add half a teaspoonful of salt and two cups of rich milk; mix and turn over the bread, etc. Bake in a very moderate oven until the pudding is well puffed and the egg is set. Serve hot with green salad or cooked fruit. Sufficient for three or four persons. The pimiento may be omitted.

Tomato Cream Toast

Melt three tablespoonfuls of butter; in it cook three tablespoonfuls of flour and a scant half teaspoonful, each, of salt and pepper; then add one cup and a fourth of tomato purée (stewed tomatoes strained) and half a cup of hot

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cream. Dip the edge of six slices of toast, one after another in boiling salted water, then dip into the sauce, and remove to a serving dish. Grated cheese of any kind may be stirred and melted in the sauce if desired.

COOKING TIME TABLE FOR BAKING

Meats	Time in Oven
Mutton, leg, per pound	10 to 15 min.
Beef ribs, per pound	8 to 15 "
Round of Beef, per pound	12 to 15 "
Lamb, well done, per pound	15 "
Pork, well done, per pound	20 "
Veal, well done, per pound	18 to 20 "
Mutton, shoulder, stuffed, per pound	15 "
Venison, rare, per pound	10 "
Goose, per pound	18 "
Chicken, per pound	15 "
Turkey	1 $\frac{3}{4}$ to 3 hours
Birds, small (hot oven)	15 to 20 min.
Ducks, wild (very hot oven)	15 "
Ducks, tame	45 "
Partridge	35 to 40 "
Bread	1 hour
Custard (very slow oven)	1 "
Biscuits	25 min.
Cakes, according to thickness	20 min. to 1 hour

FOR BROILING

Meats	
Mutton chops	8 to 10 min.
Grouse	15 "
Quail	8 to 10 "
Steak 1 $\frac{1}{2}$ inches thick	10 to 15 "
Steak 1 inch thick	8 to 10 "
Spring chicken	20 "
Squab	10 to 15 "

Fish

Shad	15 to 25 min.
Trout	15 to 25 "

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Fish—Continued

	Time in Oven
Bluefish	15 to 25 min.
Small fish	5 to 10 "

FOR BOILING

Vegetables

Peas	15 to 20 min.
Spinach	15 to 20 "
Lima Beans	30 to 40 "
String Beans	20 to 60 "
Potatoes	20 to 30 "
Asparagus	20 to 25 "
Brussels sprouts	10 to 15 "
Green corn	20 to 25 "
Onions	30 to 60 "
Parsnips	30 to 40 "
Rice	20 to 40 "
Turnips	30 "
Beets	30 min. or longer
Cauliflower	20 min.
Cabbage	20 min. or longer
Macaroni	20 min. or longer

Meats

Mutton, per pound	15 min.
Ham, per pound	20 "
Chicken, per pound	15 "
Turkey, per pound	15 "
Corned Beef, per pound	30 "
Fowl, per pound	20 to 30 "
Tripe, per pound	3 to 5 hours

Fish

Halibut, per pound	15 min.
Bluefish, per pound	10 "
Bass, per pound	10 "
Codfish, per pound	6 "
Haddock, per pound	6 "
Salmon, per pound	10 to 15 "
Small fish, per pound	6 "
Lobster	30 to 40 "

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RECIPES FOR EVERY-DAY USE

CHAPTER I

APPETIZERS

Appetizers are served at the beginning of luncheon or dinner and, occasionally, as a prelude to a banquet or a chafing-dish supper. When prepared in individual portions they should always be very small; canapés should not exceed two and a half by perhaps one and a half inches in surface.

Hors d'Œuvres, Italian Style

Hors d'œuvres served after the Italian style are placed in a dish divided into compartments. The dishes have from two to five compartments, and usually there is a different article in each compartment. The dish is passed, that each may help himself to what he wishes. A dish of two compartments might be supplied with a savory, as caviare, slices of pickled and smoked tongue, imported sausages in tiny slices, potted meat, and bread in some form. A dish of five compartments might be supplied with two savories, pimolas or olives, bread in some form, green or fancy butter. The various compartments should be daintily and appropriately decorated.

Scandinavian Hors d'Œuvre

Cut into match-like shreds, an inch long, equal portions of cold, cooked eggs, potatoes and beets, also gherkins

and anchovies, herrings or sardines; season to taste with salt, pepper and cider vinegar, then stir in enough cream, beaten firm, to hold the ingredients together. Serve on small, carefully washed-and-dried lettuce leaves, a teaspoonful to each service.

Orange-and-Strawberry Cocktail

Peel the oranges and remove the pulp neatly and without having any of the white membrane left upon it; divide it into half-inch pieces, saving all the juice. Hull the berries, wash and dry them, if necessary, then cut into halves. Set the whole aside to become chilled. When ready to serve, mix the pieces of berry and orange with a very little sugar. Divide the fruit among the glasses and pour over it the juice. A little champagne or maraschino may be added with the juice.

Grapefruit Cocktail

Cut the grapefruit in halves, and take out each section of pulp in as perfect shape as possible; save all the juice; dispose the pulp and juice in cocktail glasses; sprinkle lightly with sifted powdered sugar and set a maraschino cherry above the fruit in each glass. The fruit and juice should be chilled separately before it is put into the glasses. Sherry is often added, but it is no improvement to the cocktail.

Clam and Oyster Cocktails

Clams and oysters for service in cocktails should be exceedingly fresh, small, carefully washed, dried and chilled; five or six of each constitute one service. Dispose on cracked ice on oyster plates with a small glass in the center of the plate holding about two tablespoonfuls of

tomato catsup. Additional seasoning, as onion juice, tabasco sauce, paprika, etc., may be added to the catsup if desired. Chilled quarters of small hot-house tomatoes, bits of lobster, parboiled or raw scallops, choice pieces of finnan haddie, etc. are also used in cocktails.

Oyster Cocktail Sauce, September Style

Chop a red and a green pepper exceedingly fine; add to tomato catsup with a scraping of new onion. The quantity of catsup used with the peppers will depend on individual taste. This sauce is good with lobster, scallops or fresh tomatoes.

Crabflake Cocktail in Green Pepper Cups

Cut green peppers of small size to form cups, discarding the seeds and the white portion on which the seeds grow. Season tomato catsup to suit the taste and turn two or three tablespoonfuls into each pepper. Set the peppers in the center of individual plates, around them dispose four or five small heart-leaves of lettuce, and on each leaf set two choice crab flakes.

Celery Relish

Cut tender heart-stalks of celery into pieces about two inches long. Let crisp in ice water to which a lemon rind or a tablespoonful of vinegar has been added. Pick the fillets from three anchovies, fine, with a silver fork (if put up in salt, freshen in cold water); mix the anchovies with the sifted yolks and the chopped whites of two hard-cooked eggs; stir in enough mayonnaise dressing to hold the ingredients together. Wipe the celery dry and use as a receptacle for the mixture.

Sardine Canapés, No. 1

Spread lengthwise bits of bread with butter and let brown in a hot oven. When cold spread with sardine fillets, pounded with an equal measure of butter and seasoned with salt, paprika and a few grains of mustard or curry. Set half a choice sardine, freed of skin and bones, in the center of the paste. Decorate the corners with capers, spread mayonnaise mixed with chopped olives, parsley and chives over the fillets of fish and let chill thoroughly. Serve as a first course at luncheon or dinner.

Sardine Canapés, No. 2

Cream one-fourth a cup of butter; beat into it a canned pimienta, washed, dried and chopped fine, half a cup of flaked sardines, a teaspoonful of grated onion, and cream to make it moist; press through a sieve. Pipe on to the edge of triangles or fingers of toasted-and-cooled bread. Set half a sardine down the center; fill one side with chopped white or sifted yolk of egg, and the other with chopped pickled beets.

Sardine Roulettes

8 sardines	1 egg yolk, cooked
2 tablespoonfuls butter	1 tablespoonful mayonnaise
10 drops onion juice	Thin slices hot brown bread
$\frac{1}{2}$ a chilli pepper, chopped	Hard-cooked yolk of egg <i>or</i> ,
1 tablespoonful chopped parsley	Lobster coral

Wipe the oil from the sardines, remove the fillets, and to them add the butter, onion juice, pepper, parsley and egg yolk, and pound the whole to a smooth paste; add the mayonnaise and mix thoroughly. Remove the outside or crust from a brick-shaped loaf of hot brown bread (the bread may be made hot by resteamng). Spread the slices lightly with the sardine mixture, and as soon as a slice is spread roll it like a jelly-roll. Set them side by side on a

serving dish and sift the yolk of egg or lobster coral over the top.

Anchovy Medallions

Prepare rounds of cold boiled potatoes, a trifle larger than a silver dollar; spread with anchovy butter, set a row of fine-chopped, cooked, white of egg on the edge, and a row of sifted yolk inside with caviare in the center. Serve each on a heart-leaf of lettuce. Oyster forks are provided for eating these.

Anchovy Canapés

Prepare diamond-shaped pieces of bread two and one half inches by one and one half inches; spread with butter and let brown in the oven. When cool spread with anchovy butter, press a slice of hard-cooked egg in the center of each shape, and pipe anchovy butter around the egg, to fill the space to the edge; pipe a star of the paste on the center of the yolk. To prepare the paste, freshen a dozen anchovies, if salt, in milk, then wipe dry. If the anchovies are put up in oil rather than salt, wipe free of oil. Remove the fillets from the bones, pound them smooth, add half a cup (four ounces) of butter and pound again, then press through a sieve. Red herrings or smoked salmon may replace the anchovy. Anchovy paste may be beaten into creamed butter, and simplifies the preparation of the dish. The paste put up by Crosse and Blackwell of London comes in small jars.

Anchovy-and-Egg Canapés

Roll trimmings of puff-paste, left after cutting out patties or a vol-au-vent, to a little less than one-fourth an inch in thickness, and stamp out with a sharp cutter, dipped in boiling water, into diamond or other shapes. Chill and bake till done. Beat one-third a cup of butter to a cream and gradually beat in enough anchovy paste

to tint and flavor as desired. When the puff-paste shapes are chilled, spread slightly with the paste, set a slice of hard-cooked egg in the center of each, and pipe paste on the edge of the "crust;" finish with a figure, cut from a slice of truffle or pickled beet, at the center of the egg, and fine-chopped truffle or beet in the open spaces. If truffle be used, dip the slices of egg in French dressing before setting them in place.

Pimiento Canapés

Rinse half a cup of pimientos in cold water, and dry on a cloth; then pound smooth, add half a cup of butter and again pound till the whole is smooth, then use to spread on small shapes of toasted or fried bread. Set a slice of hard-cooked egg in the center of each bit of bread and a figure cut from a slice of truffle in the center of the yolk.

Horseradish Canapés

Grate one-fourth a cup of horseradish, pound with half a cup of butter, and press through a fine sieve. Use this butter to spread rectangular-shaped pieces of prepared bread. Cover the butter with alternate strips of smoked salmon, caviare and herring.

Caviare, Mobile Style

Select a very small hot-house tomato for each service; peel carefully and take out a small piece from the center of each and set aside to chill thoroughly. When ready to serve, set each tomato on a heart-leaf of lettuce, sprinkle in a little salt and paprika and about five drops of onion juice. Fill with a teaspoonful of caviare, rounding it up above the tomato; sprinkle with about one-fourth a teaspoonful of lemon juice. Serve small Boston brown-bread sandwiches and olives with this dish.

Stuffed Eggs

Cover as many eggs as are needed to provide half an egg for each service with boiling water, cover the dish and let stand without boiling twenty minutes. Heat quickly to the boiling point; at once drain and cover with cold water; remove the shells. Cut the eggs in halves, crosswise, and remove the yolks. Cut the yolks into small cubes; add cubes of cooked chicken, ham and pickled beet, also a few capers. Season with salt, paprika, one-fourth a teaspoonful of curry powder or mustard, also olive oil and vinegar. Let stand to chill, then drain and mix with just enough mayonnaise to hold the ingredients together. Cut a slice from the egg-cups that they may stand level. Set them on small plates with two or three very small lettuce leaves around them, fill high with the mixture and serve at once.

Chaufroid of Poached Eggs

Cook fresh-laid eggs by steaming them in round shallow cups or by poaching them directly in water just below the boiling point. For five eggs make a cup of chaufroid sauce and a cup of aspic jelly. Cover the eggs, chilled and set on a plate or board, with the sauce, decorate with small figures cut from thin slices of truffle, then cover the whole with aspic just on the point of "setting." In the center of a serving dish set a lemon cut in lengthwise eighths, and surround with the eggs and thick slices of tomato cut in quarters and each holding a rounding teaspoonful of mayonnaise; at equal intervals, near the edge, set choice olives (trim the stem end that they may stand level) and fill in with lettuce shredded in narrow ribbons. Serve as a first course at luncheon or dinner. An egg, a piece of tomato, an olive, a little lettuce and a section of lemon constitute one service. These may be served on individual plates or passed on a large dish.

Chaufroid Sauce

Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and pepper; add one cup of rich chicken broth, thin cream, rich milk or tomato purée; stir until boiling; add one-fourth a package of gelatine softened in one-fourth a cup of cold water, stir until the gelatine is melted, then let cool and use as directed on the preceding page.

Sardine Éclairs

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup flour
 1 egg and 1 yolk
 $\frac{1}{8}$ cup sardine fillets

2 tablespoonfuls butter
 2 hard-cooked egg yolks
 Seasoning to taste
 $\frac{1}{4}$ cup whipped cream (scant)

Brown Chauffroid Sauce

Figures cut from truffles and white of egg
 Aspic jelly

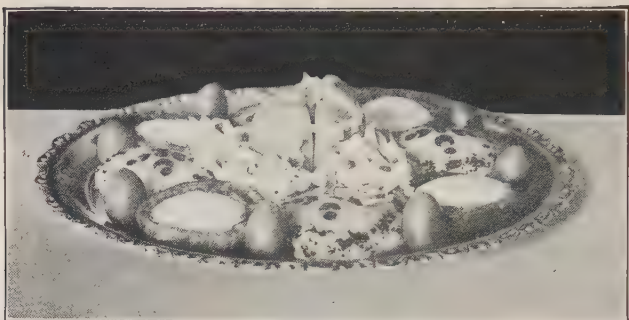
Melt the butter in the water over the fire; when again boiling, stir in the flour, and continue to stir until the mixture forms a smooth mass in the center of the saucepan; turn into a bowl; beat in the yolk, then the whole egg. With a bag fitted with tube of small opening (half inch or less) press the paste on to buttered baking pans in strips about two and one-half inches long and three-fourths an inch wide. Bake in an oven, with strong heat below, about eighteen minutes. When done, a cake will feel light when lifted in the hand. When cold, open the cakes on one side and fill with the sardine mixture; cover the flat side of each éclair neatly with chaufroid sauce; set the bits of truffle and cooked white of egg above; and pour over a little half-set aspic jelly. Chill thoroughly. To make the filling, pound the sardine fillets, butter, egg yolks and seasonings with a pestle, press through a sieve, then fold



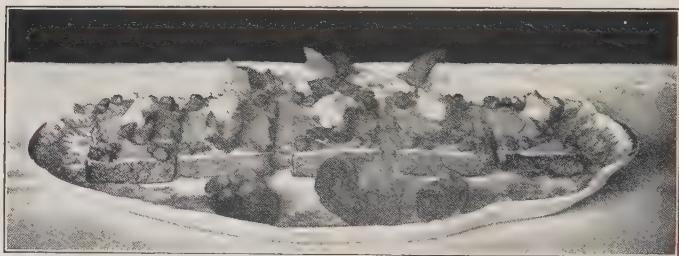
OYSTER COCKTAIL. *Page 2*



ANCHOVY-AND-EGG CANAPÉS. *Page 5*



CHAUDFROID OF POACHED EGGS. *Page 7*



SARDINE CANAPÉS. *Page 4*



EGGS À LA GRANT. ONE PEPPER OPEN-SIDE DOWN, ONE
OPEN-SIDE UP, TO SHOW FILLING, ONE
CUT IN HALVES. *Page 32*

in the cream. To make the chaudfroid sauce, dissolve a tablespoonful of gelatine, softened in one-fourth a cup of water, in one cup of hot brown (white or tomato sauce may also be used) sauce and use when chilled and beginning to set.

Anchovies may be used in place of sardines.

Aspic Jelly for Poached Eggs

Soften one-fourth a package of gelatine in one-fourth a cup of cold water, then dissolve in one cup of clarified and highly seasoned chicken broth.

Deviled Crackers

To two teaspoonfuls of mustard add Worcestershire sauce to form a paste; stir this paste into three tablespoonfuls of butter beaten to a cream; add also half a teaspoonful of paprika or half that quantity of cayenne. Spread the mixture on thin crackers and set the crackers into the oven to become hot and colored slightly. Serve hot with celery, cheese, olives or tomato soup.

Deviled Almonds

Blanch two ounces of almonds and, at once, cut into shreds; sauté a light brown in clarified butter or in olive oil or let brown in the oven; add half a tablespoonful of Worcestershire sauce, half a tablespoonful of chutney, one gherkin, cut in shreds, and a few grains of cayenne, mix thoroughly and serve on rounds or ovals of toasted or fried bread. If toast be used, butter it while hot. Serve as an appetizer at the beginning of meal or as a "*bonne bouche*" at the close.

CHAPTER II

SOUPS

The juice of fish, poultry and meat, which is the foundation of many soups, is drawn out best in cold water, slowly heated to the boiling point; the cooking should be completed at a gentle simmer.

From half to a full hour is needed to produce fish broth or stock.

Six to seven hours is needed to produce stock from beef, veal, etc.

Stock from left-over bones, roasts, etc., may be made in three hours or less.

Twenty minutes to half an hour is needed to extract the flavor of the vegetables and herbs added to soup. One pound of meat and bone to one pint of water gives a rich broth.

Stock keeps better without vegetables; vegetable juices sour quickly.

To remove a small portion of fat from hot stock, use blotting or tissue paper freely.

To remove small particles of fat from cold stock, use a piece of cheese-cloth wrung out of hot water.

Soups made of broth are sometimes clarified. Consommé is usually served clear and sparkling as wine. ☉

To clarify a broth, allow for each two quarts of broth the whites of three eggs and as many fresh-broken shells as are convenient. Beat the whites until well broken up, crush the shells and mix thoroughly with the cold broth; add salt, the thin yellow rind of a lemon or any additional seasoning desired; set over the fire and stir constantly

until the boiling point is reached; let boil five minutes, then set to a cooler part of the range to "settle"; skim, strain through a napkin, wrung out of hot water and laid over a strainer. Reheat the soup before serving.

Meat broths are sometimes used in Cream soups, but such soups are more often made without them; the foundation is a cream sauce and a purée of the vegetable or article from which the soup is named.

When making cream soups, combine the cream sauce and the purée at the last moment before serving. Do not boil after the combination has been made.

A cream soup should be creamy, but not too thick.

Formula for Three Pints of Standard Broth

(BEEF, VEAL, CHICKEN, MUTTON OR GAME)

4 pounds meat (one-fourth bone)	4 cloves
4 pints cold water	1½ teaspoonfuls sweet herbs (mar-
1½ teaspoonfuls salt	joram, thyme, etc.)
10 or 12 pepper corns, ¼ sweet pep-	1½ tablespoonfuls, each, [carrot;
per, or 1 sprig parsley	onion, celery

Sauté part of the meat in marrow or drippings (the best marrow is found in the hind shin), slowly and carefully, to avoid burning the meat. Meantime, let the rest of the meat, cut in small cubes, soak in cold water.

After the sautéed meat has been added to the soup kettle, let the frying pan stand in a warm place, partly filled with liquid from the soup kettle and thus insure melting from the pan all the browned material that is to give color to the soup. Sauté the vegetables about half an hour before the stock is cooked and add to the kettle with the other seasoning. Rinse out the pan and add as before to the soup kettle. When cooked, strain and set aside to cool. If a large quantity of stock be prepared, strain into several dishes, each holding the quantity needed for a meal, and narrow rather than flat, that there may be fat

enough to form a covering for each. When finished there should be four pints of soup.

White soup stock is made without browning any of the meat or vegetables.

Clam Bouillon

Scrub a peck of clams very thoroughly. Put them in a large kettle with a quart of water, cover close, and let cook until the shells are well opened. Drain the broth from the shells and from the kettle. Let cool a little, then for each two quarts of broth beat the whites of three eggs slightly, and add with the crushed shells of the eggs to the broth. Set the saucepan over the fire, and stir constantly until the broth boils. Let boil about five minutes, then add half a cup of cold water, and draw to a cooler place on the range. After ten minutes strain through a doubled fold of cheese-cloth laid over a colander. Reheat before serving.

Clam Broth, Chantilly Style

This most refreshing broth may be served hot or cold. Canned broth may be used, or, when fresh clams are obtainable, the broth may be fresh-made from either clams in bulk or in the shells. For clams in bulk, to serve eight, take one quart of fresh-opened clams, two stalks of celery, broken in pieces, and one quart of cold water. Bring the whole slowly to the boiling point, and let boil five minutes. Skim carefully as soon as the boiling point is reached. Strain through a napkin wrung out of boiling water. Season with salt, if needed; add also a little paprika or other pepper. Beat one cup of double cream until firm throughout. Set a tablespoonful of the cream on the top of the broth in each cup.

Half chicken broth and half clam broth is preferred by many. To secure the broth from clams in the shell use

a scant quart of cold water to half a peck of well-scrubbed clams. Put the clams over the fire with the water and let cook and steam until all are opened.

Tomato Soup

Cook half a can of tomatoes, two slices of onion, two branches of parsley, a chilli pepper, four slices of carrot and half a teaspoonful of spiced herbs, tied in a bit of cheese-cloth, twenty minutes. Strain through a sieve fine enough to keep back the seeds. To the pulp add five or six cups of broth — lamb, beef or veal — and salt as needed. Let boil thoroughly, skim, if needed, and serve. Boiling water with beef extract may replace the meat broth.

Economical Rice Soup

To one pint of liquid, drained from boiled rice, add one cup of tomato purée and one cup of broth. Chicken broth is the best, but any broth will answer. If not already flavored, cook half an onion and two stalks of celery, cut fine, in two or three tablespoonfuls of butter until lightly browned; add the tomato and broth and let simmer ten minutes, then strain into the rice.

Purée of Tomato, Julienne

2 ounces raw, lean ham	Uncooked giblets
1 onion, in thin slices	2 quarts water
2 small new carrots, in slices	1 quart tomatoes
$\frac{1}{2}$ green pepper, sliced	$\frac{1}{4}$ cup flour
2 branches parsley	2 stalks celery
2 or 3 tablespoonfuls fat	1 onion
Bones from roast fowl or veal	1 carrot
Skinned chicken feet	1 cup string beans

Cook the ham, chopped fine, the onion, carrot, green pepper and parsley in the fat (fat taken from the top of a pan of soup is good) until softened somewhat; add the feet, giblets and bones with the water and tomatoes.

Let simmer an hour and a half; strain through a fine sieve, pressing through the pulp of the tomatoes, but no seeds. Reheat, stir in the flour smoothed in a little cold water and let boil ten minutes. When the soup is first set over the fire, cook the celery, onion, carrot and string beans cut in Julienne shreds, separately, until tender. Add to the soup before serving.

Consommé, with Poached Eggs

Prepare consommé with beef, veal and a fowl, and clarify in the usual manner. When ready to serve, set a carefully poached, fresh egg in each plate of soup. Or, carefully drain off the white from each egg, when breaking it, and drop the yolks in boiling water, and let cook just below the boiling point until firm throughout. Do not hurry the cooking, as the yolk should be cooked gently until crumbly and mealy throughout. Use the whites for some other dish. Serve one yolk in a plate of soup.

Jellied Bouillon (Two Quarts)

Have about four pounds of beef from the hind shin; cut it into small pieces; melt the marrow from the bone in a frying pan; in it cook part of the bits of meat until nicely browned. Put the bone and the rest of the bits of meat into a soup kettle and add five pints of cold water. When the meat is browned, add it to the soup kettle. Put a cup or more of the water from the soup kettle into the frying pan; let stand to dissolve the glaze in the pan, then return to the soup kettle. Cover and let simmer four or five hours; add half a cup, each, of sliced onion and carrot, one or two branches of parsley, one or two stalks of celery and let cook an hour longer. Strain off the broth and set it aside, first, if necessary, adding boiling water to make two quarts of broth. Add, also, two teaspoonfuls of salt,

half a teaspoonful of pepper and an ounce of gelatine softened in half a cup of cold water. When cold and set remove the fat; break up the jelly with a spoon or silver fork; serve in bouillon cups. After removing all the fat possible with a spoon, wipe the jelly with a cloth wrung out of hot water to take up any particles of fat that may remain.

Lamb-and-Tomato Soup

1 quart lamb broth	$\frac{1}{4}$ green pepper in slices
1 pint tomatoes	Salt as needed
1 onion, cut in slices	1 tablespoonful cornstarch or po-
$\frac{1}{4}$ carrot cut in slices	tato flour

Cook the tomatoes and vegetables twenty minutes, press through a sieve; add to the broth, heat to boiling point; stir in the cornstarch or potato flour smoothed in water; let boil fifteen minutes; skim, and the soup is ready to serve.

Tapioca Soup

Heat two quarts and a half of consommé to the boiling point; gradually sprinkle in one-third a cup of any quick-cooking tapioca, stirring constantly meanwhile, and continue to stir until boiling vigorously throughout; then let cook over boiling water half an hour, stirring occasionally. When the soup is done, the tapioca is not visible in the soup, which it has slightly thickened.

Celery Soup

Cook one pint of tomatoes, one cup and a half of celery leaves and coarse stalks, a large onion cut in slices, and three or four cloves, a bit of bay leaf or blade of mace tied in two parsley branches, half an hour. Press the vegetables through a sieve, add two quarts of broth and let stand until boiling; then stir in two level teaspoonfuls of potato flour, stirred to a smooth consistency with half a

cup of broth or water. Let simmer fifteen minutes. Broth made of fresh meat is the best, but that made from the framework and remnants of roast poultry, with a little fresh meat, makes a most palatable soup.

Potage à l'Aurore

½ cup oatmeal
3 cups water
1 quart broth
½ onion
1 stalk celery

3 sprigs parsley
1 teaspoonful salt
½ cup thick tomato purée
½ teaspoonful paprika

Simmer the oatmeal, water and broth about two hours; add the onion, celery and parsley, cut fine, and let cook half an hour; add the seasonings and purée, let boil once, then strain through a fine sieve. Dilute with water or broth to the desired consistency.

Onion Soup au Gratin or Onion Soup in Petites Marmites

Melt half a cup of butter; in it cook four large white onions, sliced fine; stir and cook the onions until they are softened and yellowed, then add three or four sprigs of parsley, two quarts of rich beef broth and a pint of water, and let simmer twenty minutes. Have ready eight *petites marmites*; into each of these put three round slices of French bread, freed from crust, browned in the oven, or toasted, and then sprinkled with grated Parmesan cheese. Strain the soup over the toast, which will rise to the top of the *marmites*; again sprinkle the toast with grated cheese and set the *marmites* into the oven, to melt the cheese and brown it slightly. The soup is now ready to send to the table in the little vessels. If preferred, pick out the parsley and leave the onion in the soup.

Lima Bean Soup (To Serve Five or Six)

Cover one cup of dried Lima beans with cold water and let stand overnight; drain, rinse in water and set to cook in about a quart of cold water. Let cook until tender, adding water as needed, to avoid burning. When the beans are partly cooked, slice a small onion and let it cook in three or four tablespoonfuls of fat, taken from the top of a dish of soup stock, until softened and yellowed a little, then add to the beans. Press the cooked beans through a sieve — a gravy strainer set in one piece of a double boiler and a wooden pestle are the best utensils for the purpose. There will be about a pint of purée. Melt one-fourth a cup of butter; in it cook one-fourth a cup of flour, one teaspoonful of salt and half a teaspoonful of pepper, then add the purée and stir until boiling. Finish with three or four cups of "second broth" — broth made from remnants of roasts, steaks, etc. The neck, feet and giblets of a fowl give a good flavor to such broth. Milk may be used in place of the broth, when Cream of Lima Bean Soup results. The broth should be, when made, flavored with soup vegetables and herbs.

Delicate Cream of Celery Soup

Break three stalks of celery in inch-pieces and pound in a mortar. Cook twenty minutes in a double boiler with three cups of milk and a slice of onion. Thicken with three tablespoonfuls, each, of butter and flour cooked together. Season with salt and pepper. Then strain, and just before serving add one cup of cream.

Simple Tomato Bisque (Soup)

Scald one quart of milk with a stalk of celery and two slices of onion. Press enough cooked tomatoes through a

sieve to make one pint; add half a teaspoonful of salt and pepper as desired. Stir one-third a cup of flour and a teaspoonful of salt with milk to make a smooth batter; dilute with a little of the hot milk, stir until smooth, then stir into the rest of the hot milk. Continue stirring until smooth and thick; cover and let cook fifteen minutes. Strain into the hot purée, mix thoroughly and serve at once with croutons.

Cream of String Bean Soup

Chop or pound cold, cooked string beans, then press through a sieve. A gravy strainer set into one part of a double boiler and a wooden pestle are needed for this process. About one cup and a half of purée are needed for a soup to serve seven or eight people. Let one quart of milk scald with three slices of onion and three branches of parsley. Melt one-fourth a cup of butter; in it cook one-fourth a cup of flour, one teaspoonful of salt and half a teaspoonful of paprika; add the purée and stir until boiling. When ready to serve strain the milk over the purée, mix thoroughly and serve at once. Other vegetables, as asparagus, peas, tomatoes, spinach, onions, etc., may be substituted for the string beans.

Cream of Lobster Soup

Put the body bones of two lobsters and one pound of fresh fish bones in a saucepan; add half a carrot, cut in slices, a small onion in which three cloves have been pressed, two or three branches of parsley, two stalks of celery or a teaspoonful of celery seed, and two quarts of cold water over the fire. Let simmer half an hour, then strain through a sieve and afterwards through a cheesecloth. Melt one-fourth a cup of butter; in it cook half a cup of flour, half a teaspoonful of paprika and one teaspoon-

ful of salt; add a little of the broth (cooled to lukewarm), and stir until boiling; add the rest of the broth and let simmer ten minutes. Finish with the yolks of three eggs, beaten and diluted with half a cup, each, of milk and cream. Stir constantly, but without boiling, till the egg is set.

Kornlet Soup

In a double boiler, set to cook one quart of milk, one cup of Kornlet, half an onion with four or five cloves pressed into it, three branches of parsley and half a teaspoonful of paprika. When hot stir in two tablespoonfuls of flour, smoothed in a little milk; stir constantly a few minutes, then cover and let cook twenty minutes; remove the onion and parsley and press the remainder through a fine sieve. In the meantime, cook two cups of tomato and a teaspoonful of sugar and press through a sieve. When ready to serve, add salt as needed, pour the two mixtures together, and serve in cups with a tablespoonful of whipped cream on top of each portion.

Cream of Potato Soup

Put two potatoes, half an onion, and a stalk of celery over a quick fire in cold water to cover. Let boil five minutes, drain, and re-cover with boiling water. When tender, press the potatoes through a sieve together with the water in which they were cooked. (There should be about a pint of water and potato.) Add to this two cups of white sauce, also milk, or white stock, to make of the consistency desired. Remove from the fire, and stir in the beaten yolk of an egg, diluted with about one-fourth a cup of cream. Pour into the tureen, and sprinkle with a tablespoonful of fine-chopped parsley. Half a tablespoonful of celery seed or a teaspoonful of celery salt may take the place of the fresh celery.

Cream of Asparagus Soup

Cut the tips (an inch in length) from a package of asparagus. Cook these in salted, boiling water to cover until just tender. Skim from the water and reserve to serve in the soup plates. Cook the rest of the bunch of asparagus, two thick slices of onion with a clove in each, six slices of carrot and two branches of parsley in the asparagus broth with a quart of white stock (chicken or veal) until the asparagus is tender; take out the onion and carrot and press the asparagus through a sieve. Use a pestle and a gravy strainer with the part of a double boiler into which the strainer fits. Make a white sauce of one-fourth a cup, each, of butter and flour, half a teaspoonful, each, of salt and black pepper and three cups of milk. When ready to serve add the asparagus mixture and one cup of cream. Stir while making very hot, but do not let boil. Add the asparagus tips to the plates when serving.

Cream of Salsify Soup

Cook the salsify in the usual manner. Half an onion, a stalk of celery and two branches of parsley may be cooked with the salsify if desired. Drain the salsify and press it through a sieve. For one cup of purée prepare one pint of cream sauce (one-fourth a cup, each, of butter and flour, half a teaspoonful, each, of salt and pepper and two cups of milk); add the purée, one pint of milk or white broth and such additional seasoning as needed.

Cream of Oyster Soup

1 quart milk	1 cup cold water
½ small onion	1 quart oysters
2 sprigs parsley	1 teaspoonful salt
2 branches celery	½ teaspoonful pepper
¼ cup butter	1 tablespoonful butter
¼ cup flour	

Scald (over hot water) the milk with the onion, parsley and celery. Stir in the butter and flour creamed together and let cook about twenty minutes. Remove the vegetables. Pour the cold water over the oysters and look at each carefully to remove bits of shell, if present. Strain the liquid through cheese-cloth, scald, skim and add the oysters; heat quickly to the boiling point; add the thickened milk and the seasonings, and then stir in the butter in small pieces.

Cream of Cauliflower Soup

1 quart milk	$\frac{1}{4}$ cup butter
1 small onion	$\frac{1}{4}$ cup flour
3 branches parsley	1 teaspoonful salt
1 small cauliflower	$\frac{1}{2}$ teaspoonful pepper

Scald the milk with the onion and parsley. Cook the cauliflower in boiling water or white broth until tender. Reserve a floweret of cauliflower for each plate of soup and press the rest through a sieve. Melt the butter; in it cook the flour with the seasonings, add the purée and broth and stir until boiling; strain in the milk; add more salt and pepper as needed. For a more nutritious soup, add without boiling two or three yolks of eggs, beaten and mixed with half to a full cup of cream.

Bisque of Clams and Green Peas

1 or 2 ounces salt pork	1 pint clams
1 small onion	1 pint boiling water
2 new carrots	$\frac{1}{4}$ cup butter
1 branch celery	$\frac{1}{4}$ cup flour
1 pint green peas	1 quart milk
2 branches parsley	1 cup cream
1 pint boiling water	Salt and pepper

Cut the pork in bits, cook in a saucepan until the fat is well tried out, but not in the least browned; add the onion, carrot and celery, cut in slices, stir and cook until softened a little; add the peas, parsley and water and let cook till

the peas are tender, then press through a sieve. Cook the clams in a pint of water five minutes, drain the liquid into the pea purée, chop the clams and add to the other ingredients. Cook the flour in the butter, add the milk and stir until boiling; add to the other ingredients, with the cream and salt and pepper.

Kornlet Chowder

Cut two slices of fat salt pork in tiny cubes (there should be about one-fourth a cup); let these cook in a saucepan until they are light-colored and the fat is drawn out; skim out the bits of pork, add half a small onion, cut in thin shreds, and let cook until yellowed; add three cups of boiling water and let simmer five minutes; then strain over a cup of potatoes, cut in slices, parboiled five minutes and drained. Let cook until the potatoes are tender; add a can of kornlet, a teaspoonful of salt, half a teaspoonful of black pepper, and two cups of milk. Let boil two minutes. Serve with browned crackers.

Clam Chowder

Add a cup of cold water to a solid quart of clams. Pick over carefully, rinsing in the water and removing bits of shell. Strain the water and clam liquor through two folds of cheese-cloth. Heat to the boiling point and in it scald the clams. Skim out the clams and keep them hot. Try¹ out the fat from a thin slice of salt pork, cut in bits, and in it cook a small onion cut in thin slices, without browning the onion. Add one-third a cup of flour. Cook until frothy, then gradually add the clam liquor, and, when the mixture boils, strain it over one pint of sliced potatoes, parboiled five minutes and blanched by rinsing in cold water. Add a teaspoonful of salt and half a teaspoonful of pepper. When the potatoes are tender, add

three cups of scalded milk (part cream is preferable) and the clams and additional seasoning if needed.

Clam Chowder, No. 2

4 ounces larding pork	2 teaspoonfuls salt
2 quarts boiling water	1 teaspoonful pepper
1 cup thin slices carrot	$\frac{1}{2}$ can tomatoes
1 cup thin slices onion	1 quart chopped clams
$\frac{1}{2}$ cup thin slices celery	$\frac{1}{2}$ teaspoonful powdered thyme
3 cups thin slices potato	1 teaspoonful beef extract

Cut the pork in bits and cook until the fat is drawn out. Skim out the bits or leave them in as is desired; add the water, carrot, onion and celery and cook until the vegetables are nearly tender; add the potatoes, seasoning and tomatoes and let cook until the potatoes are tender; add the clams, thyme and extract, and if desired two tablespoonfuls of flour cooked in the same quantity of butter. Stir until boiling. Sprinkle with fine-chopped parsley.

CHAPTER III

EGGS

She who understands the difference between a "hard-cooked" and a hard-boiled egg, and why a baked rather than a boiled potato is preferable for children and invalids has found the keynote to all cookery.

Eggs Cooked in the Shell

Select a granite ware saucepan holding a generous quart. In it heat one quart of water to the boiling point, remove the saucepan from the fire, and lower an egg into it, cover closely and let it stand six minutes, for soft-cooked, and eight minutes for medium-cooked eggs. With two eggs let stand eight minutes for soft-cooked, ten minutes for medium-cooked. To use in garnishing, for salads or to cut in slices for any purpose, after ten minutes, reheat the water to the boiling point, let boil thirty seconds (to harden the outside) then cool in cold water. Without the final short boiling the egg is not shelled or cut in good shape.

Poached Eggs

Pour boiling water into an iron frying pan and add about a teaspoonful of salt; break in one or more strictly fresh eggs. Add more water, if necessary, that the eggs may be covered. Do not allow the water to boil during the cooking. As soon as an egg seems "set" on the bottom, run a spatula beneath it, that it may float in the water. As soon as an egg is slightly coagulated

throughout, remove it with a skimmer to a slice of toast or broiled ham. Serve at once.

Shirred Eggs

Take as many tablespoonfuls, each, of sifted bread crumbs (soft) and chopped chicken, veal or ham as there are persons to serve. Mix the meat and crumbs to a batter with cream. Season with salt and pepper. Butter small egg-shirrers; spread a spoonful of the batter over the bottom of each dish, break in a fresh egg and pour over a generous spoonful of the batter. Let cook in a moderate oven until the egg is set.

Poached Eggs à la Benedict

Split some large English muffins and toast them a golden brown; on each half set a round thin slice of carefully broiled ham, above the ham set a poached egg, over the whole pour

Hollandaise Sauce

For four poached eggs beat one-fourth a cup of butter to a cream, add two yolks one after another and beat each in thoroughly; add one-fourth a teaspoonful each of salt and paprika and one-third a cup of boiling water; cook over hot water, stirring constantly until thickened slightly; add the juice of half a small lemon and serve at once. Too long cooking will cause the sauce to curdle.

Eggs, Canada Style

Select round fresh tomatoes; cut out a piece around the stem end of each, and remove enough of the seeds and pulp to make an opening to hold an egg. Season the inside of the tomatoes with salt and pepper; break

an egg in each. Set the tomatoes in an earthen baking dish; pour a tablespoonful of white sauce over the egg in each tomato. Bake in a very moderate oven about fifteen minutes. Pour a cup of hot white sauce around the tomatoes in the dish and serve at once.

One Cup White Sauce

2 tablespoonfuls butter	$\frac{1}{4}$ teaspoonful pepper
2 tablespoonfuls flour	1 cup milk or
$\frac{1}{4}$ teaspoonful salt	1 cup white stock

Eggs Baked in Potato Nests

For each nest allow a potato of medium size. Pare the potatoes, let stand some hours in cold water, drain and set to cook in boiling salted water. When tender, drain and mash. Add salt, hot milk, one or two teaspoonfuls of butter and beat until very white and fluffy. On a buttered baking sheet form thin, small rounds of potato (the potato may be spread on rounds of waxed paper as an easy means of handling the nests); on these rounds pipe potato to make nests deep enough to hold an egg, broken into them. Sprinkle the inside of the nests quite generously with fine-chopped, cooked ham, then break in the eggs. Beat the yolk of an egg; add a tablespoonful or more of milk and use to brush over the edges of potato. Set the baking sheet into the oven to cook the eggs and brown the edges of the potato. A tablespoonful of Bechamel or brown sauce may be poured over the egg before serving. The nests may also be shaped on individual earthen ramekins, and sent to the table in them.

Poached Eggs, with Spinach

Chop, fine, cooked spinach. For a pint of well-drained spinach make three-fourths a cup of cream sauce; stir the spinach into the sauce. Do not have the spinach too

moist. Season as needed with salt and pepper. Dispose the spinach in flat rounds on individual plates. Set a poached egg above each round. Surround with a string of sauce made of chicken or veal broth.

Poached Eggs, "Times Square" or New York Style

Mix small cubes of cooked chicken breast, fresh mushrooms and pimientos with a little Mornay Sauce. Spread a thin layer on the bottom of individual earthen au gratin dishes, set a poached egg above, cover with Mornay Sauce mixed with tomato purée and a dash of paprika. Sprinkle with grated Swiss and Parmesan cheese. Set into a hot oven for an instant. Serve at once.

Mornay Sauce

Make a sauce of three tablespoonfuls, each, of butter and flour, scant half a teaspoonful, each, of salt and pepper, and one cup and a half of consommé, chicken or veal broth. Add one-fourth a cup, each, of grated Gruyère and Parmesan cheese, and stir until melted.

Eggs à la Dauphine

Set two small slices of toasted bread, well-buttered, on a serving dish; above dispose about eighteen hot, cooked asparagus tips; above the tips set two poached eggs. Pour over the whole a scant cup of Madeira sauce, in which six or eight peeled mushroom caps (sliced or not) have been simmered about ten minutes.

Madeira Sauce

Cook two tablespoonfuls of flour in two tablespoonfuls of melted butter; add one-fourth a teaspoonful, each, of salt and pepper, half a cup of tomato purée and one-third

a cup of half-glaze (meat broth much reduced by slow cooking), and stir until boiling; add the mushrooms, let simmer, and just before serving add three tablespoonfuls of Madeira wine.

Eggs Opera

Butter an individual shirring dish; break two eggs into it; set the dish into a moderate oven to remain until the egg-white is slightly coagulated throughout. Set the dish on a breakfast plate; on one side of the eggs, in the dish, dispose half a dozen cooked stalks of asparagus, a teaspoonful of Hollandaise sauce above and on the other side of the eggs group cubes of calf's liver broiled on one or two skewers, and serve at once. To cook the liver, pour boiling water over a slice of liver, cut a scant three-fourths an inch thick, then cut in cubes; butter one or two skewers and run them through the cubes. Broil over a moderate fire about four minutes, turning each ten seconds. Push from the skewer to the side of the egg. Chicken livers are often used for this dish.

Poached Eggs, Lydia Style

Chop together an equal quantity of cold cooked chicken and cold boiled potatoes. Use half a teaspoonful of salt for each pint of material, and turn into a frying pan containing a spoonful or two of melted butter, salt pork fat or other suitable fat; add a few spoonfuls of milk, chicken broth or water; cover and let cook until very hot, stirring occasionally to avoid the forming of a crust. Turn on to a serving dish. Set four or more poached eggs above and surround with asparagus sauce. To make the sauce use two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and pepper and half a cup, each, of asparagus purée and cream. Or, stir a cup of asparagus tips into a cup of cream sauce.

Stuffed Eggs au Gratin

Cook in the shell as for slicing. Let cool in cold water; shell and cut in halves, lengthwise. Remove and sift the yolks. Have ready cooked ham, chicken or veal, one or more, chopped and pounded to a smooth paste. To the yolks, add an equal measure of the meat, half a teaspoonful of paprika, a little mixed mustard, also salt as needed. With this mixture fill and press together corresponding halves of the eggs. Prepare a cup and a half of bread, tomato or cream sauce. Dispose one-half of the sauce in an earthen baking dish; in this lay the eggs and pour over the rest of the sauce. Sprinkle on half a cup of cracker crumbs mixed with four tablespoonfuls of melted butter. Set into the oven, to reheat the whole and brown the crumbs.

Bread Sauce

To one cup and a half of rich milk, add half a cup of fine, soft bread crumbs and half an onion in which three cloves have been pressed. Let cook in a double boiler about an hour, stirring occasionally. Remove the onion, add one or two tablespoonfuls of butter, a scant half-teaspoonful, each, of salt and pepper, and beat well.

Spanish Omelet

$\frac{1}{2}$ onion	1 teaspoonful beef extract
$\frac{1}{2}$ green or red pepper pod	$\frac{1}{2}$ teaspoonful salt
2 tablespoonfuls raw or cooked ham	4 eggs
2 mushrooms in shreds	$\frac{1}{4}$ teaspoonful salt
2 tablespoonfuls butter or oil	4 tablespoonfuls water
$1\frac{1}{2}$ cups tomato (discarding seeds and skin)	1 tablespoonful butter

Chop, fine, the onion and pepper; cut the ham and fresh mushrooms in thin shreds; let cook in the two tablespoonfuls of butter or oil till softened and yellowed; add the tomato and let simmer until the moisture is evap-

orated; add the salt and beef extract and set aside until ready to use. Beat the eggs until a full spoonful may be lifted, add the salt and water and mix again. Melt the butter in the omelet pan and turn in the egg mixture. Shake the pan over the stove, to keep the mixture sliding on it, tipping it, meanwhile, to let the uncooked part of the mixture down upon the pan. When creamy throughout, spread part of the prepared mixture on the top of half the omelet, fold and turn upon a hot platter, surround with the rest of the mixture and serve at once.

French Omelet, with Chicken

1 generous cup cooked chicken in half
inch cubes
2 tablespoonfuls butter
2 tablespoonfuls flour
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful pepper

1 cup chicken broth or
rich milk
4 eggs
 $\frac{1}{4}$ teaspoonful salt
4 tablespoonfuls chicken
broth or water
1 tablespoonful butter

Make a sauce of the butter, flour, seasonings and cup of chicken broth or milk, add the chicken and keep hot while the omelet is prepared, in the same manner as the Spanish omelet. Spread part of the chicken mixture over the omelet, then fold and turn on to the dish. Pour the rest of the mixture around the omelet.

Puffy Omelet, with Oysters

3 egg yolks, beaten light
3 tablespoonfuls oyster broth or water
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful pepper
3 egg-whites, beaten dry
1 tablespoonful butter

$\frac{1}{2}$ pint oysters
2 tablespoonfuls butter
2 tablespoonfuls flour
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful black pepper
1 cup oyster broth or milk

To the yolks add the broth and seasonings, mix, and pour over the whites; cut and fold the whites into the yolk mixture; melt the butter in the omelet pan, turn in the egg mixture, make smooth and let stand on the range

a moment to set the egg, then put the frying pan into a slow oven. The oysters should have been brought to the boiling point, the broth drained and strained. Make a sauce of the butter, flour, seasonings and cup of broth and add the oysters. When a knife cut down into the omelet can be removed without traces of uncooked egg, score it at right angles to the handle of the pan; spread one-half with a portion of the oysters and sauce, fold in the scoring, turn on to a hot platter, and pour the rest of the oyster mixture around the omelet.

Rice Omelet (Puffy)

$\frac{3}{4}$ cup hot boiled rice
2 egg-whites, beaten dry
2 egg-yolks, beaten light
1 tablespoonful cold water

$\frac{1}{4}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful pepper
1 tablespoonful butter

The rice may be fresh-cooked or reheated, if only the grains be distinct. To the beaten yolks add the rice and seasoning, mix thoroughly; then fold in the whites. Melt the butter in an omelet pan, turn in the mixture, making it smooth on the top. Let the pan stand on top of the range to "set" the egg on the bottom, then move to the oven, which should be of moderate heat. When a knife cut down into the center of the omelet comes out without uncooked egg, score the omelet entirely across the top and at right angles to the handle of the pan. Turn on to a hot platter. For variety, cook the rice in chicken broth or tomato purée, or serve with a sauce in which one or both of these articles is used as the liquid. A little onion juice may be added to the omelet or the sauce.

Eggs Scrambled in Double Boiler

4 eggs
4 tablespoonfuls water
 $\frac{1}{4}$ teaspoonful salt

$\frac{1}{4}$ teaspoonful pepper
1 tablespoonful butter

Beat the eggs and seasonings until a full spoonful may be lifted; add the water, and beat until well mixed. Melt the butter in a double boiler, add the eggs and stir constantly while cooking over boiling water. Turn on to a hot dish while slightly underdone. A tablespoonful of fine-chopped cooked ham, chicken or smoked beef in shreds may be added for each egg; add with the water or stir into the butter before turning in the eggs.

Tomato Timbales

Beat two whole eggs and one yolk until well mixed; add half a teaspoonful of salt, half a teaspoonful of pepper, one-third a cup of sifted bread crumbs (soft), two tablespoonfuls of melted butter and one cup of tomato purée. Mix thoroughly. Turn into buttered timbale molds. Set these on many folds of paper in a baking dish. Surround with boiling water. Bake in a moderate oven until the mixture is firm in the center. The water should not boil during the cooking. Remove the molds from the water. After two or three minutes unmold. Serve with cream sauce.

Eggs à la Grant

Allow a green pepper for each service and two eggs for each pepper. Beat one-half the number of eggs to be used until a full spoonful can be lifted, and add one-fourth a teaspoonful of salt for each egg. Into an omelet pan put as many tablespoonfuls of cream as beaten eggs; add the eggs, and scrape and stir constantly until thickened slightly. Keep the eggs very soft. Beat the rest of the eggs, season with salt and pour over the scrambled eggs. Use this mixture to fill the peppers. Set the peppers in timbale or other molds to keep them upright. Let cook in a moderate oven until the egg is set throughout. Turn on to a hot platter, open side down. Pour

around half-glaze sauce to which shredded truffles have been added.

Half-Glaze Sauce

To a cup of brown sauce add a cup of brown stock and let simmer in an open saucepan until the mixture is reduced one-half. Skim as needed. When ready to serve, beat in one teaspoonful of butter and two or three tablespoonfuls of sherry wine.

CHAPTER IV

FISH

Fish is cooked when the juices are coagulated delicately, or when the flesh separates easily from the bones. Properly cooked fish is always tender. Fish is most appetizing when, as far as possible, all inedible portions are discarded before cooking. As a general rule, an acid sauce harmonizes well with fish; if this be not provided, it is well to serve at the same time a salad, as cucumber, or lettuce, with French dressing. Onion juice or a faint suspicion of garlic improves such a salad. Any delicate vegetable or onions in cream sauce are appropriate with fish.

Broiled White Fish, Mackerel and Bluefish

Oil the broiler thoroughly. Do not have too fierce a fire, as strong heat hardens the fibers very quickly. Cook from fifteen to twenty minutes. Baste with butter once or twice during the cooking. If the fish be thick, the last of the cooking might be done over a dripping pan in the oven. In broiling, turn, after cooking the flesh side ten seconds, the skin side five seconds. With a fork separate the fish from the wires of the broiler, on both sides, then slide to the serving dish. Spread with Maître d'Hôtel Butter.

Maître d'Hôtel Butter

(For broiled fish, steak or chops)

Beat one-fourth a cup of butter to a cream; beat in half a teaspoonful of salt, a dash of pepper and, very

slowly, a tablespoonful of lemon juice. The heat of the broiled article will melt the butter. For a change add a tablespoonful of fine-chopped parsley with the seasonings.

Broiled Scrod

Dress a plump cod or haddock for broiling (so that it may lie flat upon the broiler). Put flesh side up in a pan, sprinkle generously with salt, then cover with cold water. In the morning drain, dry on a cloth, and broil in a well-oiled broiler over a clear fire. Baste twice with melted butter. Spread with anchovy sauce, and serve at once.

Anchovy Sauce for Broiled Scrod

Pound the flesh of four anchovies, preserved in oil, and one-third a cup of butter in a mortar. Then press the mixture through a fine sieve. Melt one level tablespoonful of butter, and in it cook a level tablespoonful of flour and a few grains, each, of salt and pepper. Stir in half a cup of milk or white broth until the mixture thickens, then beat in the anchovy butter and a tablespoonful of lemon juice or vinegar. A tablespoonful of anchovy paste may replace the anchovies.

Brook Trout au Bleu

2 quarts water
 $\frac{1}{2}$ cup cider vinegar
1 tablespoonful salt
 $\frac{1}{4}$ green pepper

3 young carrots
1 onion
2 branches sweet basil
4 branches parsley

Shred the pepper, carrots and onion; add the other articles; simmer half an hour, then strain into a shallow broad basin. Ten minutes before time to serve put into the liquid (court bouillon) as many fresh-caught and carefully cleaned trout as the boiling liquid will cover, without ceasing to boil. The skin will shrivel and break; then let simmer from six to eight minutes longer. Drain

the fish, dispose them upon a hot napkin on a plate and surround with parsley. Serve Hollandaise or drawn butter sauce in a dish apart.

Steamed Salmon

To serve eight or ten people buy about four pounds from the middle of a salmon. Use a steam kettle or a fish kettle. Put a pared carrot or potato in the opening of the fish (the weight will hold the fish in an upright position) and set it upon the rack. Pour into the kettle lukewarm, salted water to reach nearly to the rack. Let cook about half an hour after boiling begins. When cooked lift out the rack and slide the fish on to the serving dish. Remove the vegetable and any bones exposed by the contracting of the flesh. Garnish with parsley and slices of lemon. Serve with boiled potatoes and drawn butter, egg, caper or mock Hollandaise sauce.

Mock Hollandaise Sauce

4 tablespoonfuls butter
4 tablespoonfuls flour
 $\frac{1}{2}$ teaspoonful salt
2 tablespoonfuls butter

2 cups water, fish or chicken
broth
2 egg-yolks, beaten light
1 tablespoonful lemon juice or
vinegar

Melt the first measure of butter; in it cook the flour and salt, add the liquid and stir until boiling; add the beaten yolks diluted with a little of the sauce, then stir in the acid, drop by drop, and finish with the butter a little at a time.

Baked Bluefish or Shad

Cut the cleaned fish into pieces for serving. The backbone is often removed before the fish is cut into pieces. Chop fine one small Bermuda onion and sprinkle over a buttered agate pan; set the pieces of fish on the onion; add a few spoonfuls of fish stock and salt and pepper and

cover with a buttered paper. The paper should rest on the sides of the pan. Let cook about twelve minutes, basting three times. Dispose the fish on a serving dish; strain the liquid in the pan into a cup and a half of Italian sauce and pour this over the fish. Pipe rosettes of mashed potato around the fish and serve at once.

Italian Sauce

Cook a small onion, chopped fine, in two tablespoonfuls of clarified butter; when tender add one-third a clove of garlic, crushed; stir two minutes, add one-fourth a pound of mushrooms, chopped fine (six small mushrooms), and cook and stir until the moisture from the mushrooms has evaporated; add half a cup of white wine and let reduce one-fourth; remove the garlic, add one teaspoonful of chopped parsley, one cup of brown sauce, one cup of veal broth, one-fourth a cup of tomato purée and salt and pepper as needed. Let boil once.

Fresh Mackerel, Baked, Creole Style

Split a carefully cleaned mackerel and set into an agate dish; brush over the flesh side with melted butter and set into the oven to bake for fifteen minutes. Cut half a pepper in shreds, let cook in two tablespoonfuls of oil or butter eight or ten minutes, stirring constantly; add one-fourth a clove of garlic, chopped fine, and two tablespoonfuls of flour; when the flour is absorbed and cooked, add a cup and a half of tomato, half a teaspoonful of sugar, half a teaspoonful of salt and half a teaspoonful of chopped parsley, and stir until boiling; let simmer ten minutes, then pour over the mackerel in the dish and let cook in the oven a second fifteen minutes. Before serving, add six canned mushrooms, cut in quarters.

Baked Mackerel, Essex Style

Cut choice fresh mackerel in halves lengthwise, and trim neatly. Set, skin side down, in a well-buttered au gratin dish. Remove the skins from two onions and two tomatoes and cut them in slices. Set the slices above the fish, alternating onion and tomato. Season with salt and pepper and add bits of butter. Bake until the fish is done. Pour over a little hot cream or egg sauce and serve at once in the dish. Cover while baking with a well-buttered paper.

Salt Mackerel Baked with Cream

Soak a salt mackerel in cold water twelve hours. If convenient, let cold water from the faucet drip slowly upon the skin side of the fish during the whole time. Cover with boiling water, and let simmer about ten minutes, then drain and wipe dry with a cloth. Put the fish in a large shallow agate pan, and nearly cover with hot cream or rich milk. Add also two tablespoonfuls of butter, and cook in the oven until the cream is reduced one-half. Remove to a serving dish carefully. Garnish with parsley and a slice of lemon. Serve with plain boiled potatoes.

Fillets of Sea Trout, Baked

Skin one large or two small sea trout, then carefully "lift" or push the flesh from the bones in two long fillets or strips; cut these into pieces suitable for serving, having all of same shape and size, also about twice as long as wide. Fold the fillets and trim them to a point at one end. Butter an agate or similar baking dish; spread over the bottom a small onion, two tomatoes and half a green or red sweet pepper, all chopped rather fine. On this bed set the fillets; cover with a buttered paper and set aside in a cool place. Cover the head, trimmings, bones broken into several

pieces, part of an onion, three branches of parsley and a branch of sweet basil with cold water and let simmer half an hour. Then take up the buttered paper and pour in about three-fourths a cup of the fish stock and half a cup of Sauterne; sprinkle the fish with salt; return the buttered paper to place and let cook in a moderate oven about twenty minutes. Remove the fillets to a hot dish and cover to keep hot. Strain the sauce; add half a cup of thick tomato purée, and when hot beat in the yolks of two eggs, beaten into one-fourth a cup of creamed butter. Season as needed with salt and pepper, and pour over the fish. Serve at once.

Halibut Sauté

The halibut should be cut rather less than an inch in thickness and of a length to lie flat in the cast-iron frying pan. In the pan cook half a dozen strips of salt pork, half an inch wide and about an inch and a half long, until the fat is extracted and the remnant crisp and light brown. Remove them to the serving dish and keep them hot. Sprinkle flour or cornmeal and salt on a paper or board and press the fish upon it, dredge the upper surface with the same ingredients; turn and pat the fish until well coated, then set to cook in the hot fat. Let cook until well browned on one side, then turn to brown the other side. Serve with cucumber or other green salad. Have a strong fire until the fish is browned on one side, then lower the heat; renew for the other side and finish with low heat. The last of the cooking may be done in the oven. The slice of fish should be whole and evenly browned when done. If the heat be strong throughout the cooking the fish will be tough and juiceless, cooked properly it is most delicious.

Fillets of Fish with Oysters

(Halibut, haddock, flounder, white lake fish)

Have the fillets removed from the fish. Cut these in size to serve, trim to a point at each end, and sprinkle with salt, white pepper, lemon and onion juice. Cut strips of potato half an inch thick and as long as the fillets are wide. Dip these in melted butter (to facilitate removal), and fold each fillet over a piece of potato. Bake about twenty minutes, in a buttered dish, basting with a little fish stock, made of the fish trimmings and the liquor from half a pint of oysters and a few bits of vegetables. Dispose the fillets (first remove the potato) lengthwise on a serving dish, one overlapping another. Set a broiled oyster, seasoned with melted butter, lemon juice, salt and pepper above. Surround with the liquid, in which the fish was cooked, thickened with roux. Garnish with cutlet-shaped pieces of toast and parsley.

Fish Timbales

$\frac{1}{2}$ cup soft bread crumbs	1 teaspoonful salt
$\frac{1}{2}$ cup rich milk	$\frac{1}{2}$ teaspoonful paprika
$\frac{1}{4}$ cup cream	2 cups cooked fish, chopped
2 tablespoonfuls anchovy essence	3 egg-whites, beaten dry

Cook the crumbs in the milk to a smooth paste, add the cream and seasonings and mix thoroughly; then beat in the fish and fold in the egg-whites. Turn into a buttered mold. Cook in a dish of boiling water, on many folds of paper, until firm in the center. Serve with Hollandaise, drawn butter or lobster sauce.

Drawn Butter Sauce

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoonful paprika
$\frac{1}{4}$ cup flour	2 cups cold water
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{4}$ cup butter



EGGS OPERA. *Page 28*



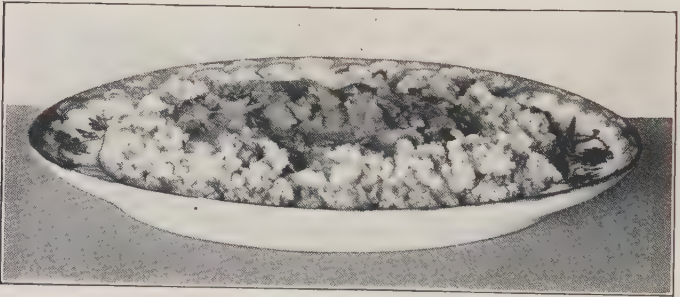
EGG SALAD, AURORE. *Page 122*



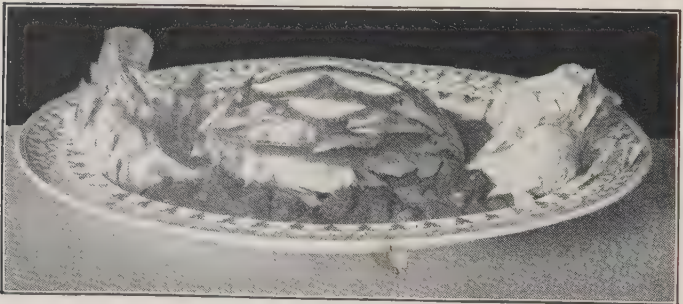
CANNED SALMON LOAF. *Page 43*



CANNED SALMON CROQUETTES. *Page 42*



PILAU À LA TURQUE. *Page 59*



JELLIED TURKEY. *Page 60*

Prepare in the usual manner, adding the last measure of butter, in small pieces, just before sending the sauce to the table. The butter should be beaten in so gradually that none appears on the surface. For lobster sauce add from half to a full cup of lobster meat in pieces and stock made of the body bones of the lobster in place of water.

Salmon Timbales (Cooked Fish)

2 cups cold cooked salmon,	1 tablespoonful chopped parsley
chopped fine	$\frac{1}{2}$ teaspoonful salt
2 tablespoonfuls butter	$\frac{1}{4}$ teaspoonful paprika
2 tablespoonfuls bread crumbs	2 eggs
$\frac{1}{2}$ cup white stock or milk	

Melt the butter, add the crumbs and stir until well blended; add the liquid, parsley and seasonings, and stir until boiling; add the fish and the eggs, beaten without separating; turn into buttered molds; let cook on several folds of paper in a dish surrounded with boiling water. Serve, turned from the molds, with a sauce made of one-fourth a cup, each, of butter and flour, half a teaspoonful of salt, one-fourth a teaspoonful of pepper and two cups of white stock or milk, or half of each.

Salmon Timbales (Raw Fish)

$\frac{1}{2}$ pound raw salmon	1 cup double cream
2 egg-yolks (raw)	2 egg-whites, beaten dry
1 tablespoonful butter	$\frac{1}{2}$ teaspoonful salt
1 tablespoonful flour	$\frac{1}{2}$ teaspoonful pepper
$\frac{1}{2}$ cup chicken or fish broth	

The salmon is weighed after the removal of all unedible portions. As purchased rather less than a pound is needed. Scrape the pulp from the fibers and pound to a smooth consistency; add the yolks and pound again. Before pounding the fish make a sauce of the butter, flour, salt and pepper as needed and the broth, and let this cool. Add to the fish and egg mixture, and pound again; then

fold in the whites of eggs, beaten dry, and the cream, beaten firm, also the salt and pepper. Thoroughly grease the inside of timbale molds with softened butter, then sprinkle with capers or chopped parsley and set aside to chill, when the decoration will be held in place. Fill the molds with the fish preparation, tapping them on the table, meanwhile, that the mixture may settle firm in the molds. Cook in the oven, on folds of paper and surrounded by boiling water until firm in the center. Serve with Hollandaise, drawn butter or fish Bechamel sauce. Capers may be added to the drawn butter sauce.

Creamed Fresh Fish en Cocotte

Dispose cooked fresh fish, flaked when hot, and mixed with cream sauce (one cup of fish to three-fourths a cup of sauce), in individual dishes (china or paper); pipe mashed potato on the edge of the fish; cover the fish with cracker crumbs, stirred into melted butter, and brush over the potato with beaten yolk of egg mixed with milk. Set the dishes into the oven to brown the crumbs and the edges of the potato.

Canned Salmon Croquettes

Open a can of salmon steak and drain off all liquid; turn the salmon on to tissue paper and let stand to drain thoroughly, then separate the fish into flakes. Make a cup of sauce with three tablespoonfuls of butter, one-fourth a cup of sifted flour, one-fourth a teaspoonful, each, of salt and pepper and one cup of milk; add the flaked salmon; mix without breaking up the flesh more than is necessary. Spread on a buttered plate and set aside to become cold. Shape into croquettes; egg-and-bread crumb and fry in deep fat. Serve with peas or string beans, and cucumbers or sauce tartare.

Canned Salmon Loaf

1 can salmon picked fine	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup soft sifted bread crumbs	$\frac{1}{2}$ teaspoonful pepper
4 egg-yolks, beaten light	1 teaspoonful fine-chopped parsley
4 tablespoonfuls melted butter	4 egg-whites, beaten dry

Use a silver fork in "picking up" the fish, discarding skin and bones; add the other ingredients, save the whites, and when well mixed fold in the whites. Turn the mixture into a buttered mold. Bake until firm in the center, surrounded with boiling water. Unmold and pour over the sauce made in the usual manner.

Sauce

2 tablespoonfuls butter	$\frac{1}{4}$ teaspoonful pepper
2 tablespoonfuls flour	1 cup milk
$\frac{1}{4}$ teaspoonful salt	

Salmon Cutlets, Pojarski Style

Chop fine one pound of raw salmon; beat half a cup of butter to a cream, and gradually beat and rub this into the fish; beat in, also, one-fourth a cup of double cream, half a teaspoonful of salt and one-fourth a teaspoonful of paprika. Let chill a little, then shape into one dozen cutlets. The mixture can be shaped very easily. Beat one egg, add four teaspoonfuls of milk, and mix thoroughly; in this dip the cutlets and at once roll in sifted soft bread crumbs. Fry in deep fat. Serve tomato sauce in a bowl.

Tuna au Gratin in Shells

Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and half a teaspoonful, each, of salt and paprika, then add one cup of chicken broth (seasoned with vegetables and sweet herbs), or of milk, and stir until boiling. Add one can of tuna picked fine with a silver fork and additional seasoning as needed; mix thoroughly

and dispose in buttered shells. Cover with a cup of cracker crumbs mixed with one-third a cup of melted butter. Set into the oven to become very hot and brown the crumbs. Set a sprig of parsley or a paper aigrette in the center of the mixture in each shell.

Salt Codfish Cakes en Surprise

6 pared potatoes	1 egg, beaten light
1 cup raw salt codfish	Anchovy butter
$\frac{1}{2}$ teaspoonful black pepper	

Cut the potatoes in quarters, set in a saucepan, dispose the fish above them in the center. Pour into the saucepan at the side enough boiling water to cover the potatoes, cover and boil till done. Drain off the water, let the potatoes dry out a little (on the stove), then mash thoroughly. Add the seasonings. Stir a little of the mixture into the egg, then return the whole to the rest of the mixture. Shape into smooth balls. Make a depression in the center of each ball, put in a teaspoonful of anchovy or sardine butter. Cover secure to keep the butter within. Fry in a basket in deep fat, four or five at a time. Drain on sort paper. Serve at once.

Anchovy Butter

Pick the fins from six anchovies wiped free of oil; press the flesh through a sieve; beat this paste into one-third a cup of creamed butter; beat in also a tablespoonful of fine-chopped parsley and two tablespoonfuls of chopped capers. Sardines may be used in place of the anchovies, or anchovy paste in place of the anchovy fillets.

Creamed Salt Codfish, Poulette

Pick tenderloins of salt codfish in thin, small bits to fill a cup; cover with cold water and let stand overnight; set

over the fire in same water, and let heat slowly till water looks milky (do not let boil), and drain; melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour, then add one cup of milk and stir until boiling; add the fish from which the water has been drained and beat in one egg, beaten very light; stir until the egg thickens, but do not let boil. Serve with hot baked or boiled potatoes.

Finnan Haddie à la Delmonico

Put a plump finnan haddie over the fire, skin side up, in cold water to cover; let heat gradually to just below the boiling point. After twenty minutes, remove, wipe dry and separate into flakes, discarding skin and bones. Melt a tablespoonful of butter in the blazer of a chafing-dish, add the prepared fish with a dash of paprika and stir and turn, over and over, until the butter is absorbed; add thin cream to the height of the fish; set over the hot water pan and when very hot stir in the beaten yolks of two or three eggs, mixed with half a cup of cream; add salt if needed; stir constantly until the egg is set, then serve at once.

Finnan Haddie, Dinner Style

Put the thick half of a finnan haddie over the fire in cold water and let heat slowly to the boiling point; draw to a cooler part of the range and let stand half an hour, without the water boiling. Remove the fish from the water and take out the bone. Set the fillet thus formed in a narrow, earthen dish, suitable for the oven and the table. While the fish is over the fire, make ready six or eight potatoes of the same size; steam or boil them, sprinkle with salt and let dry over the fire; then set them around the fish as a border, pour over a cup of cream, add bits of butter, and fleck the potatoes with paprika. Let stand in the oven five or six minutes, then serve.

Oyster Stew

1 quart oysters	$\frac{1}{2}$ teaspoonful black pepper
1 cup cold water	$\frac{1}{4}$ cup butter
3 cups hot milk or water	$\frac{1}{2}$ cup fine cracker crumbs
1 teaspoonful or more salt	

Pour the cold water over the oysters, and rinse to remove bits of shell; strain the liquid through two folds of cheese cloth, heat to the boiling point, skim, add the oysters, and heat the whole to the boiling point; let simmer until the oysters look plump and the edges ruffle a little; add the other ingredients. Serve at once. See Soups for Oyster Soup.

Poached Oysters on the Half-shell

Butter as many scallop shells as there are individuals to serve. Put into each shell about six oysters with their own liquor, and sprinkle with salt, pepper, tomato catsup, and a drop of Tabasco sauce. Scatter a few bits of butter, here and there, on the oysters, and set the shells in a hot oven. Serve on doily-covered plates as soon as the oysters look plump and the edges curl. Put two or three toast points in each shell, or serve with brown-bread sandwiches.

Broiled Oysters

Pour about one-fourth a cup of water over a pint of oysters, and inspect each oyster carefully, to remove bits of shell. Drain on a cloth, dip in melted butter or bacon fat, and set into the spaces of the broiler. Broil over the fire, first on one side and then on the other, until the edges begin to curl and the oysters look plump. Season with salt and pepper, and a little lemon juice, and serve on bits of toasted bread. Or use maître d'hôtel butter. Or heat the broth to the boiling point, skim, add pepper, salt and butter, and pour over the whole.

Oysters, Poulette Style

Heat one pint of oysters to the boiling point, strain off the broth and keep the oysters hot. Melt two tablespoonfuls of butter; in it cook three tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and pepper; add the cup of the oyster broth and stir until boiling. Beat the yolks of two eggs; add half a cup of cream and stir into the sauce; let cook without boiling; add the oysters, a teaspoonful of lemon juice and more seasoning if needed. Serve on crackers, or on toast, or in patty or Swedish timbale cases.

Fried Oysters that are Different

(Mrs. Little)

Wash and dry the oysters, dip in a beaten egg diluted with two tablespoonfuls of milk, and roll in fresh-grated cheese. Stand them aside for ten minutes and then dip a second time. After second dipping, roll in fine, soft bread crumbs. Fry in deep fat, drain, and serve with celery.

Oyster Filling for Patties, Swedish Timbale Cases

Pour a cup of cold water over a quart of oysters, and look them over carefully, one by one, to remove bits of shell, if present. Strain the liquid, heat it to the boiling point, skim, then add the oysters and bring them quickly to the boiling point. Drain off the liquid; cover the oysters to keep them hot. Melt one-fourth a cup of butter; in it cook one-fourth a cup of flour, half a teaspoonful of salt and half a teaspoonful of black pepper; add one cup of the oyster liquor and three-fourths (scant) a cup of cream and stir until boiling; add the oysters and let become very hot over boiling water.

Green Peppers Stuffed with Oysters

Select eight or ten peppers similar in size and shape. Cut out a round piece from the stem end of each and remove the seeds and veins. Pour boiling water over the prepared peppers and let them simmer about five minutes; then drain and rub dry. Chop fine one pepper and a slice of onion; let cook in a tablespoonful of hot butter until yellowed slightly. Parboil one quart of oysters, drain and cut each in two or three pieces. Cook half a cup of blanched rice in the oyster broth, adding also salt and milk as needed. Keep the grains of rice whole. When the rice is tender, add one-third a cup of butter, the onion, pepper and the bits of oysters and use to fill the peppers. Spread cracker crumbs mixed with butter above. Bake until the mixture is very hot and the crumbs browned. Serve with tomato sauce. Sifted, soft bread crumbs — a pint or more — may be used in place of the rice.

Oysters, Lansdale

Select (for each service) a large firm mushroom; peel and trim, leaving the stalk intact. Cook in clarified butter (slowly melted and the oil on top poured off) with the stem up. Put fresh-opened oysters (3 to 5) into the same butter and let sauté until the edges curl; turn and let cook a moment on the other side. While these are cooking, broil a thick slice of tomato; set the tomato in a hot egg "shirrer," sprinkle with salt and pepper and dot with butter. Set the mushroom, stalk upwards, on the tomato and dispose the oysters on the mushroom around the stem. Season as needed. Cover with a glass bell made hot in hot water. Set into the oven about two minutes; then serve at once.

Broiled Lobster

Cook the lobster in court bouillon about fifteen minutes. (A recipe for court bouillon is given under Brook Trout au Bleu.) Then split lengthwise, sprinkle generously with melted butter and let cook about five minutes, less rather than more, in a well-oiled broiler over a rather dull fire. Break open the claws, set on a hot plate, and surround with parsley. Serve melted butter, highly flavored with cayenne in a sauce boat.

Lobster-and-Halibut en Casserole

1½ lbs. raw halibut	1 branch sweet basil
1½ lbs. lobster	1 teaspoonful grated onion
1 onion	½ teaspoonful salt
1 carrot	3 crackers, rolled fine
2 branches parsley	3 tablespoonfuls butter

Remove skin and bone from the fish, cut the flesh in six or eight pieces; remove the lobster flesh from the shell; cut the portions from the tail and large claws in pieces of nearly the same size as the fish. Cover the body bones of the lobster and the bones and skin of the fish with cold water, add the onion and carrot cut in bits, the parsley and basil and let simmer half an hour, strain and set aside. About twenty minutes before time to serve, put the pieces of fish in a buttered casserole and add a teaspoonful of grated onion, half a teaspoonful of salt and enough of the hot fish stock to cover the fish; cover the casserole and let the fish cook about fifteen minutes. Add the crackers, and the butter, in little bits, and mix thoroughly; then add the lobster, cover and let become very hot, when the dish is ready to serve.

Lobster à la Creole

1 pint of lobster meat	3 tablespoonfuls flour
¼ cup rice	½ teaspoonful salt
½ a small onion	½ teaspoonful paprika
½ a green pepper	2 cups tomato purée
2 tablespoonfuls butter	

Blanch the rice, then cook tender and drain. The lobster should be cut in small thin slices. Chop *fine* the onion and pepper, and cook in the butter until softened and yellowed (not browned); add the flour, salt, and pepper, and stir and cook until frothy; add the tomato purée and stir until boiling. Set over hot water and lightly mix in the rice and lobster. Cover and serve very hot.

Scallops Baked in Shells

For one quart of scallops make one cup and a half of sauce. Put the scallops over a quick fire with two tablespoonfuls of melted butter, shake the saucepan and let heat quickly to the boiling point; drain in a colander. Use the broth with chicken or veal broth, and a little cream, in making the sauce. Three tablespoonfuls, each, of butter and flour will be needed, also a scant half-teaspoonful of salt and of pepper, and one cup and a half of liquid. Add also the yolks of two eggs, beaten light, one tablespoonful of chopped parsley and a teaspoonful of lemon juice. [Lastly, add the scallops. Dispose in buttered shells, individual casseroles or ramekins, cover with buttered crumbs and let bake until the crumbs are browned.

Scallops à la Bretoise (Ranhofers)

Put a quart of scallops over the fire with four tablespoonfuls of white wine or mushroom liquor, or half of each. Let heat quickly to the boiling point. Drain, and chop the scallops. Cut fine half a mild onion and let cook in two tablespoonfuls of butter until softened and yellowed, *not browned*; add the scallop broth and let simmer ten minutes; add soft bread crumbs, chopped fresh mushrooms, salt and pepper as needed, and the scallops to make a mixture that may be rounded in the shells. Have the shells well buttered. Cover with a cup of soft bread

crumbs mixed with one-fourth a cup of melted butter. Let brown in the oven. Set a sprig of parsley in the center of each. Set on plates with a folded napkin.

Fried Scallops

Cover the scallops with boiling water. Let stand three minutes, drain and dry on a cloth. Season with salt and pepper, roll in flour, dip in egg, and roll in cracker or bread crumbs. Fry in deep fat until well colored; dress on a napkin, and serve with quartered lemons.

Scalloped Clams, Rockport Style

Take a quart of clams, remove and set aside the soft part; discard the black neck and chop fine the remainder of the clams. Add the chopped clams to the juice and soft part. Mix one cup and a half of cracker crumbs with a scant two-thirds a cup of melted butter. Butter an earthen au gratin dish and fill the dish with alternate layers of the buttered crumbs and prepared clams, having the first and last layer of crumbs. Season the crumbs with salt and pepper. Let bake about three-fourths of an hour in a slow oven. Or, if the dish is shallow (two layers of clams), bake from twenty minutes to half an hour. Serve at once.

Crab Ravigote

3 tablespoonfuls butter	1½ tablespoonfuls olives	} fine-chopped
3 tablespoonfuls flour	1½ tablespoonfuls chervil	
½ teaspoonful salt	1½ tablespoonfuls parsley	
¼ teaspoonful cayenne	1½ tablespoonfuls tarragon	
1½ cups chicken or veal broth	Spinach juice to tint	
2 shallots, chopped fine	1 pint crab meat	
2 tablespoonfuls vinegar		

Make a sauce of the butter, flour, salt, pepper and broth. Let the shallots stand on the back of the range in the vine-

gar until the vinegar is reduced one-half; add to the sauce with the fine-chopped ingredients; add spinach juice to tint a delicate green. Fold in the crab meat (generous measure), cover and let become very hot without boiling.

CHAPTER V

POULTRY, DOMESTIC GEESE AND DUCKS

Roasting Chicken and Turkey

Clean and truss poultry neatly (see ROAST GOOSE), that the cooked fowl may rest on the wings level on the platter, the drumsticks close to the body. Cover the breast with thin slices of fat salt pork or bacon. Set on a rack in a baking pan a little larger than the object. The rack should be smaller than the pan to admit of the free use of the spoon in basting. Turn often, at first, to sear over uniformly and, later on, to brown evenly. It will take half an hour to sear over the outside of a turkey. The oven should be hot during this time; then lower the heat and finish the cooking in an oven in which the fat in the pan will not burn. Baste each ten minutes with hot dripping; dredge with flour after basting. Cook until the joints are easily separated. Chickens require from one hour and a half to two hours cooking. A ten-pound turkey will require three hours cooking. Add no water or broth to the pan during cooking.

Giblet Sauce for Roast Fowl

Cover the neck and giblets (liver, gizzard and heart) of a fowl with boiling water, heat to the boiling point, then let simmer until tender. Chop the giblets fine, removing all bits of gristle. Pour off the fat from the baking pan, leaving but two or three tablespoonfuls in the pan; add three tablespoonfuls of flour and stir and

cook until absorbed; add about one cup and a half of broth (in which the giblets were cooked) and stir until boiling. Let boil six minutes. Add the chopped giblets, and the sauce is ready to serve.

Pöeled Chicken

Wash and dry two young chickens and truss as for roasting. With a larding needle draw eight or ten long pork lardoons into the breast of each chicken. Trim the ends and tie each lardoon in a loose knot. Set on a rack in a casserole, baste with hot fat, cover and let cook in a moderate oven from one hour to an hour and a half. Baste each ten minutes with hot fat. Remove the chickens from the oven as soon as they are tender. Cook the giblets in the casserole with the chickens. Chop fine and add to a sauce made of two or three tablespoonfuls, each, of flour and fat from the casserole and a cup and a half of broth.

Broiled Chicken, Alabama Style

Cut a young chicken, carefully cleaned, in halves, cutting through the breast and back. Fasten a strip of bacon over the breast in each piece; set on a rack in a dripping pan, baste with melted butter or salt-pork fat, and let cook until tender (nearly an hour), basting each ten minutes. Brush over with butter and broil over coals or under a gas burner until well browned. Pour over about half a cup of broth (made of the neck and giblets) seasoned with salt and pepper, and sprinkle with fine-chopped garden cress.

Maryland Chicken (Miss Quimby)

Singe and draw the chicken, cut in pieces for serving, separating at the joints. Season flour with salt and pepper and in it roll the pieces of chicken. Have ready, in

cast-iron frying pan, some hot fat, salt pork, bacon or olive oil, and in this cook the chicken, turning it as needed, until it is of a golden brown exterior. Remove the chicken, and pour off the fat, leaving about four tablespoonfuls in the pan; add four tablespoonfuls of flour, half a teaspoonful of salt and a dash of pepper; stir until the fat has absorbed the flour and is slightly browned, then add two cups and a half of rich milk and stir until boiling; put the chicken into the sauce, cover and set into a moderate oven for one-half to three-fourths of an hour, to simmer, blend flavors and grow deliciously tender.

Guinea Fowl Baked in Double Pan

Split and prepare the fowl as for broiling. Lay in the lower part of a double baking pan, with thin slices of fat salt pork above. Put about one-third a cup of boiling water into the pan, and cover closely. Let cook in the oven thirty minutes or longer, until cooked through to the bones. Serve garnished with cress and with cress or other green salad in a dish apart. Guinea chicks are good roasted or broiled.

Panned Chicken

Clean and separate a young chicken into joints. Put the chicken into a baking pan, add a cup of boiling water, cover closely and let cook about an hour and a half. Baste each fifteen minutes with melted butter and the liquid in the pan. Serve with a sauce made of the liquid in the dish and cream, and with sweet corn fritters.

Sweet Corn Fritters

To one cup of sweet corn pulp add the yolks of two eggs beaten light, half a teaspoonful of salt, one-fourth a teaspoonful of pepper, one cup of pastry flour with one

and one-half (level) teaspoonfuls of baking powder and the whites of two eggs beaten dry. Take up the mixture in a tablespoon and with a teaspoon scrape in a compact mass into hot fat; turn often while frying; drain on soft paper. To get the corn pulp, score the kernels lengthwise of the row and with the back of a knife press out the pulps leaving the hulls on the cob.

Stewed Chicken, Cadillac Style

Cut a well-cleaned chicken into pieces at the joints, and cover with hot veal broth; let boil six minutes, then let simmer till tender. Blanch half a cup of rice, two dozen balls, cut from pared potatoes, and a dozen small onions; cook each separately until nearly done, drain and add to the chicken with a can of small stringless beans rinsed in boiling water. Let simmer about ten minutes, when all should be done. Prepare about a dozen and a half small baking powder biscuits. Turn the chicken, etc., on a large platter and surround with the hot biscuits.

Chicken en Casserole

Cook the chicken, cleaned and separated into joints, in butter, bacon or salt-pork fat, made hot in a frying pan, until browned on one side. Then turn the pieces, and brown the other side. Put the joints into the casserole; put in about a pint of hot stock or water, cover the dish and set into the oven. Let cook at a gentle simmer about an hour and a quarter. Then add two dozen potato balls or cubes, one dozen tiny young onions or peeled fresh mushroom caps, and a dozen slices of carrot, all browned in the frying pan, and three or four tablespoonfuls of sherry wine, with salt and pepper to season. Cover close, and let cook fifteen or twenty minutes longer. Send to the table in the dish, and without removing the cover.

Flour and water mixed to a thin dough may be rolled into a rope or string, under the hands, and pressed upon the casserole, where the dish and cover meet, to keep in flavor.

The dough should be removed, but the cover should not be lifted until after the dish has been set upon the table.

The onions, potato balls and slices of carrot should be blanched and dried before being set to brown. To blanch, let boil five minutes, drain and rinse in cold water. The pieces of chicken may be rolled in flour before sautéing. The pinions, neck and back may be used for broth in which to cook the rest of the chicken.

Chicken Pie, Biscuit Crust

Separate a three-pound chicken into pieces at the joints. Wash carefully, cover with boiling water, let boil five or six minutes, then let simmer until tender. The chicken will cook in from an hour and a half to two hours. Add salt near the last of the cooking. Let the chicken become cold. For the crust sift together four cups of pastry flour, a teaspoonful of salt and four slightly rounding teaspoonfuls of baking powder. Work in one-half a cup of shortening, then mix to a dough with milk. Take two-thirds of the paste upon a board dredged with flour, knead slightly, then roll out to fit a baking dish large enough to hold the chicken. Roll the rest of the paste into a sheet, spread with softened butter, and fold in three layers; roll to fit the top of the dish. Cut a slit in the top of the crust. Put the pieces of chicken in the lined dish. Sprinkle in a teaspoonful of salt and half a teaspoonful of black pepper and two or three tablespoonfuls of flour. Add two tablespoonfuls of butter in little bits, as the chicken is put in. Have ready a sauce made of two tablespoonfuls of butter, three of flour, one cup of

cream and the chicken broth. The sauce should be cold. Turn this into the dish over the chicken. Brush the edge of the paste with cold water and set the cover in place. Ornament the cover with bits of paste, cut in crescents, if it be convenient. Set into a well-heated oven, cover with a buttered paper and let bake about three-fourths an hour. A pie is often made with only an upper crust.

Curry of Chicken-and-Celery

Have ready a cup of cooked celery (cut in half-inch slices and simmered till tender in water to cover) and a cup and a half of cooked chicken, cut in small pieces. Melt four tablespoonfuls of butter and in it cook two slices of onion until yellowed and softened, but not browned; take out the onion, add one level tablespoonful of curry powder, four level tablespoonfuls of flour, half a teaspoonful of salt, and a slight dash of paprika; stir until frothy and bubbling, then add one cup of chicken broth, three-fourths a cup of nut milk (or plain milk without the admixture of nuts) and two rounding tablespoonfuls of currant jelly; stir and cook until smooth and boiling, then add the chicken, celery and a tablespoonful of lemon juice. When the mixture boils it is ready to serve. Plain boiled rice should accompany the dish, but crackers or toast may be used. For the nut milk grind one-half a cup of blanched almonds or a full cup of fresh cocoanut, as fine as possible, then add to a generous cup of milk scalded over hot water; let stand an hour or longer, then press through a piece of cheesecloth. The milk found in the cocoanut may be used.

Hot Mousseline of Chicken

$\frac{1}{2}$ cup raw chicken breast
1 white of egg
 $\frac{1}{2}$ cup double cream

$\frac{3}{4}$ cup cooked chicken breast
1 egg-white, beaten dry
 $\frac{1}{2}$ cup cream, beaten firm

Scrape enough pulp of raw chicken breast from the fibres to half fill a cup; add an unbeaten white of egg and pound smooth with a wooden pestle; add half a cup of cream and again pound until smooth, then use the pestle to press through a sieve. Chop and pound enough cooked chicken breast to make three-fourths a cup, press this through a sieve and add to the first mixture, then fold evenly and smoothly through this mixture the last white and last half cup of cream. Turn into individual molds, carefully buttered. Cook surrounded with boiling water, on many folds of paper, until firm. Serve unmolded with cream or Bechamel sauce to which half a can of buttered mushrooms have been added. Bechamel sauce is a white sauce in which the liquid is half chicken or veal broth and half cream.

Pilau à la Turque

1 cup rice	$\frac{1}{2}$ teaspoonful paprika
$\frac{1}{4}$ cup butter	3 tablespoonfuls flour
3 cups chicken broth	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup tomato purée	$\frac{1}{2}$ teaspoonful pepper
2 branches parsley	1 cup chicken broth
1 onion with 3 cloves	$\frac{1}{2}$ cup tomato purée
1 teaspoonful salt	1 cup cooked chicken
3 tablespoonfuls butter	1 cup cooked ham

Put the rice over a quick fire in a quart or more of cold water, and stir with a fork while heating the water to the boiling point; let boil three minutes, drain and rinse with cold water on a sieve; return the blanched rice to the fire with the butter; stir and cook until the butter is absorbed; add the broth, tomato, parsley, onion, salt and paprika and let cook over boiling water until the liquid is absorbed and the rice tender; remove the onion and parsley. Melt the butter; in it cook the flour and seasonings; add the broth and purée and stir until boiling; then add the chicken and ham and let become very hot. Dispose the rice as a border on a serving dish, turn

the meat into the center and serve at once. The chicken and ham should be in very thin slices.

Chicken Timbales

(Cooked chicken)

2 eggs, well beaten	$\frac{1}{2}$ teaspoonful salt
1 cup cooked chicken	$\frac{1}{2}$ teaspoonful pepper
$\frac{1}{4}$ cup soft bread crumbs	$1\frac{1}{2}$ cups thin cream or rich milk

The chicken should be chopped fine and the crumbs sifted. Add all the ingredients to the eggs. Mix thoroughly. Bake in eight small, buttered timbale molds until firm in the center. The timbales will take from twenty to thirty minutes to cook. Set the molds on many folds of paper in a pan and surround with boiling water. The water should not boil after the timbales are set in the oven. Serve unmolded with two cups of sauce made of one-fourth a cup, each, of butter and flour, half a teaspoonful, each, of salt and pepper and one cup, each, of chicken broth and cream.

Jellied Turkey

After all the large slices of meat have been removed from a cold, roast turkey, pick off all the small pieces; carefully slice such as are at all thick and trim each piece neatly. Have ready a cold, hard-cooked egg, cut lengthwise into eight pieces, and enough clarified chicken broth or consommé to fill the dish in which the meat is to be molded. For a quart of broth and nearly that quantity of sliced turkey, take half a two-ounce package of gelatine; pour over it a cup of cold broth and, when this is absorbed, add the rest of the broth and let become very hot. Cool the broth. Have ready a pan with crushed ice and water; in this chill a three-pint melon mold, pour in a little of the liquid broth and turn the mold to coat it.

Dip the pieces of egg in half-set broth (aspic) and set them, one at a time, against the mold to form a definite design; with a larding needle take up chilled capers and set them around the pieces of egg, then add a little half-set aspic to hold them in place. When the decorations are held firmly in place, add pieces of turkey and half-set aspic, alternately, to fill the mold. Unmold on a serving dish; garnish with cubes of tomato jelly and hearts of lettuce, cut in quarters. Serve French or mayonnaise dressing in a bowl.

Chicken Croquettes

$\frac{1}{3}$ cup butter	1 cup chicken broth
$\frac{1}{2}$ cup flour	$\frac{1}{3}$ cup cream
$\frac{1}{2}$ teaspoonful salt	1 egg, beaten light
$\frac{1}{2}$ teaspoonful pepper	$1\frac{1}{2}$ cups cooked chicken, cut very fine

Make a sauce of the first six ingredients; add the egg and let cook without boiling until the egg is set; stir in the chicken; additional seasoning, as chopped parsley, celery salt, or onion juice (one or all), may be added at pleasure. Turn on to a plate and cover with buttered paper. When cold shape into balls, cylinder or other shapes. Roll in sifted, soft bread crumbs, then cover with beaten egg, diluted with three or four tablespoonfuls of milk or water, and again roll in crumbs. Fry in deep fat, about four at a time. Serve with peas, or peas and shreds or slices of carrot mixed together.

Scalloped Chicken and Kornlet

For a can of kornlet or two cups of corn pulp canned at home, and one cup of chicken or veal, chopped fine, make one cup and a half of white or tomato sauce. [Butter an au gratin dish, or a dozen individual dishes. Put the three articles into the receptacle, in layers, having the first of kornlet and the last of sauce. Use kornlet as the alternate layer, each time. Let bake from ten to fifteen

minutes. Serve hot as the chief dish at supper or luncheon. Fresh corn may be used when in season. Score the kernels lengthwise of the rows, with the back of a knife press out the pulp and leave the hulls on the ear. A covering of three-fourths a cup of cracker crumbs mixed with one-fourth a cup of melted butter is an improvement.

Adelaide Patties

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoonful pepper
1 cup fresh mushrooms (caps broken in pieces)	1 cup chicken broth
$\frac{1}{4}$ cup flour	$\frac{3}{4}$ cup cream
$\frac{1}{2}$ teaspoonful salt	1 cup cooked chicken in cubes
	1 cup cooked peas

Melt the butter; in it cook the pieces of mushroom, about two minutes; add the flour and seasonings and cook until absorbed by the butter; add the broth and cream and stir until boiling; add the chicken and peas and heat over boiling water. Use to fill patty-cases made of puff-paste. The cases may be made in advance, and then reheated and filled at time of serving. Puff-paste made of half a pound, each, of butter and flour will make six cases of the usual size. The mixture given above is sufficient for eight or ten cases.

Roast Goose, German Style

Rub a carefully dressed young goose, inside and out, with salt, pepper, sage, thyme and sweet marjoram and let stand overnight. Mix three cups of soft (stale) bread crumbs, half a cup of cleaned currants, half a cup of stoned raisins, a sour apple, peeled, cored and chopped, one hot, cooked potato, pressed through a sieve, half a cup of melted butter, half a teaspoonful of salt and a little pepper, and use to fill the goose; truss and roast in the usual manner. Serve with a giblet sauce and a "compote" of cherries (canned or preserved cherries).

Roast Duckling (Domestic)

Truss the duckling in the same manner as a chicken or goose; remove the gall bladder from the liver and put the liver inside the duck. Rub the outside with salt and pepper and spread with dripping; let cook about an hour and a half or until the flesh is very tender. Baste every ten minutes, dredging with flour after each basting. When done pour off the fat from the pan; add a cup of brown stock (beef and veal) and use to rinse the pan. Use this in making a cup of thick brown sauce; add the juice of an orange and part of the peel, cut in very fine shreds. Serve with apple sauce or apple fritters and currant jelly sauce. Garnish the duck on the platter with half slices of orange.

Larded Rabbit Baked with Milk

One rabbit will serve from four to six people. Cut off the head on a line with the shoulder bones. Remove the rib bones and as many layers of skin from the outside as is possible. Cut off the feet and scrape the flesh from as many tendons as are in sight, discarding the tendons. Wash in several waters, then wipe dry. Lard the whole upper surface with pork lardoons or, to save time, spread over the rabbit in the pan thin slices of larding pork. Set into a hot oven, baste, at first, with the fat in the pan, then lower the heat and baste with hot milk; dredge with flour after each basting. Let cook from one hour to one hour and a half, or until tender. Melt one-fourth a cup of butter; in it cook one-fourth a cup of flour, half a teaspoonful, each, of salt and paprika, then add one-fourth a cup of cold milk and the milk drained from the baking pan. Dispose the rabbit on a hot dish. Set around it from four to six cup-shaped rice croquettes, each holding a teaspoonful of currant jelly; between the croquettes set rolls of bacon, fried in deep fat or cooked in

the oven. Run a wooden toothpick through each roll to hold it in shape while baking. Serve the sauce in a bowl.

Rabbit à la Marengo

Separate a carefully washed and dried rabbit into eight pieces, four legs and four body pieces. Discard rib bones and all tendons possible. Season the pieces with pepper and salt and roll in flour. Heat equal parts (about three tablespoonfuls, each), of clarified butter and olive oil in a frying pan; put in the joints of rabbit and let cook, turning when needed, to a golden brown. Drain the fat from the pan, add one-fourth a cup of Sauterne and let this reduce. Heat three tablespoonfuls of fat from the pan, stir in three tablespoonfuls of flour, half a teaspoonful of salt and one-fourth of pepper, then add three-fourths a cup, each, of tomato purée and rich brown stock, flavored with vegetables and herbs. Pour this over the rabbit and let simmer forty-five minutes. Dispose a flat bed of mashed potato on a serving dish; on this set the pieces of rabbit; skim all fat from the sauce and strain it over the rabbit. Set some crescent-shaped croutons of bread around the edge. Peeled mushroom caps, with a bit of butter in the center of each, baked ten minutes, may be set in groups between the croutons.

CHAPTER VI

MEATS

Meat is an expensive article of food, and careless cookery that is wasteful of nourishing properties and fails to bring out latent juiciness and flavor cannot be condemned too strongly. The cheaper the cut of meat the greater the care necessary in its cookery. With roast or broiled beef or poultry, high heat at first to sear over the outside and keep in the juices, then low heat till the cooking is completed is the general rule. Pork, veal and lamb, all of which should be cooked more thoroughly than beef, should be set to cook in a moderate oven; the center of such roasts must show no pinkness or half coagulated juices. The tough fibers of the cheaper cuts of meat call for moisture and gentle heat, long continued. To insure tenderness all meat as well as poultry and game must have been "hung" a proper length of time. Meat may be kept longer when high flavor is to be developed in the cooking process, as in roasting and broiling, than when boiling or stewing is to be the method of cooking. "Made over" dishes of meat require skillful handling. The meat must be reheated quickly — protected from strong heat by sauce or covering of some kind, or it must be treated like tough meat and simmered a long time until very tender.

Sirloin Steak, Tivoli

Remove the flank, superfluous fat and the chine bone; wipe with a damp cloth and set to broil over a quick fire and quite close to it. Turn the broiler each two seconds

for two minutes, then remove farther from the fire to finish the cooking. Cook a steak an inch and a half in thickness from eight to ten minutes. Set the steak on a hot platter and spread with Bernaise sauce. Above set half a pound of fresh mushrooms that were cooked while the steak was broiling. Discard the stems and peel the caps. Set these, gill side up, in a buttered frying pan, drop a bit of butter in the center of each, cover and let cook in the oven.

Bernaise Sauce

Put two tablespoonfuls, each, of fine-chopped green pepper and mild onion (shallot), and one-fourth a cup of vinegar to simmer on the back of the range. When the moisture has nearly evaporated, add two tablespoonfuls of butter and the beaten yolks of three eggs. Set the sauce-pan in a dish of boiling water, then stir and let cook, adding twice, meanwhile, two more tablespoonfuls of butter. When the sauce thickens, season with salt and strain. The sauce may also be used without straining.

Loin Roast of Beef

Wipe with a damp cloth and set, skin side down, on a rack in the meat pan; rub over with salt and flour. Set in a hot oven to sear over the surface and baste each ten minutes with fat in the pan or with fat from the top of a dish of soup; dredge with flour after each basting. Reduce the heat, after twenty minutes, and let cook from an hour and a quarter to an hour and a half or three-quarters, as a rare, medium rare or well done piece of meat is desired. Turn the meat when half cooked. About half an hour before removal from the oven, dispose around the meat in the pan potatoes pared and cooked fifteen minutes in boiling water. Baste the potatoes when the meat is basted. At no time should the fat in the pan be heated enough to

burn. Meat cooked at too high a temperature is never satisfactorily cooked.

Gravy and Sauce for Roast Beef, Lamb, Veal, etc.

Platter gravy is the unadulterated juice of the meat which drops to the platter during carving. Brown sauce is made from the juices of the meat that have browned and adhered to the pan during the cooking of the meat. When the meat is done, remove it from the pan, pour off all the fat, then turn into the pan about a cup and a half of beef broth or water, as is convenient. Return the pan to the fire and let the liquid simmer until the browned meat juices are taken up by the water. Put three tablespoonfuls of the fat or dripping into a small saucepan; when hot, add three tablespoonfuls of ordinary flour or twice the quantity of browned flour (flour cooked and stirred in the oven until brown throughout) and one-fourth a teaspoonful of salt; stir and cook until frothy, then add the liquid from the pan, cooled a little, and stir until boiling. More salt may be needed.

Fillet of Beef, Bouquet Fashion

Remove all unedible portions from a fillet of beef and draw into the best surface three rows of salt pork lardoons (strips of fat salt pork one-eighth of an inch thick and wide and any length); cut the lardoons of good length that they may be tied in a single knot. Roast or pöele the fillet as desired. If pöeling be selected as the method of cooking, baste with melted glaze several times, at the last cooking, to secure a surface of high gloss. Have ready, cooked and hot, some flowerets of cauliflower, balls of carrot and of potatoes, and about a cup of Bernaise sauce. Dispose the hot vegetables around the meat on a serving dish. Serve the sauce in a bowl. After the

potato balls have been blanched and dried on a cloth, let them cook in the oven, in a little melted butter, to a golden brown, shaking the pan occasionally to avoid burning.

Hamburg Roast

2 lbs. beef (top of round)	1 tablespoonful chopped parsley
$\frac{1}{3}$ cup soft bread crumbs	1 tablespoonful chopped green or red pepper, or
1 egg, well beaten	$\frac{1}{2}$ teaspoonful paprika
1 teaspoonful salt	$\frac{1}{4}$ teaspoonful mace (at dis- cretion)
1 teaspoonful onion juice	

Mix all together thoroughly, shape into a compact roll, and put in baking pan, with slice of salt pork above. Baste with dripping. Bake from thirty to forty minutes. Serve with brown or tomato sauce.

Tomato Sauce for Meats

3 tablespoonfuls butter, browned	4 tablespoonfuls flour
1 tablespoonful onion	$\frac{1}{2}$ teaspoonful salt
1 tablespoonful carrot	$\frac{1}{2}$ teaspoonful pepper
1 bunch parsley	1 cup tomato purée
1 bit of bay leaf	$\frac{1}{2}$ cup brown stock

Chop the onion and carrot before measuring; cook these with the parsley and bay leaf in the butter until well browned; add the flour and seasonings and cook until browned, then add the purée and stock and stir until boiling, then strain and it is ready to use.

Pot Roast, with Currants

Purchase at least four pounds of beef in a solid piece from the chuck vein or round; roll the meat in flour. Have ready some hot salt pork fat or fat from the top of a kettle of soup in a frying-pan; in this cook and turn the meat until it is seared and browned on all sides. Set the meat into a saucepan or iron kettle (the latter is the most suitable utensil), pour in a cup of boiling water, sprinkle

over the top of the meat about two-thirds a cup of dried raisins, cover the kettle close, and let cook where the water will simply simmer very gently; add water as needed, just enough to keep the meat from burning. The cover should fit close to keep in the moisture. Cook until the meat is very tender. It will take five or six hours. Remove the meat to a serving dish; stir into the liquid two level tablespoonfuls of flour and one-fourth a teaspoonful of salt, smoothed in about one-fourth a cup of cold water; stir until boiling, let simmer ten minutes, then pour over the meat or serve in a dish apart. Serve at the same time plain boiled potatoes, turnips or squash and cabbage. The currants may be omitted.

Round Steak en Casserole

Cut round steak in pieces about two inches square, roll in flour and let brown in salt-pork fat or dripping. Remove to a casserole and add broth to cover. Add more fat to the pan and in it brown a small blanchéd onion for each service; add these to the casserole, cover and let cook about two hours or until nearly tender; add, for each service, two small strips of carrot and half a dozen cubes or balls of potato, parboiled and browned in the frying pan, also salt and pepper as needed, and let cook until the vegetables are tender. Serve from the large dish or in individual casseroles made hot in boiling water.

Swiss Steak

3 lbs. round steak (1½ inches thick)	Bit of bay leaf, if desired
½ cup flour	Boiling water
2 tablespoonfuls butter	Salt and pepper

Pound the steak until the fiber is thoroughly broken up; add the flour while pounding. When the steak is tender, the flour should be thoroughly incorporated with the

meat. Melt the butter in a frying pan; put in the meat and let brown on one side, then turn and brown the other side. Add boiling water and let simmer from two to three hours. The bay leaf, if used, should be added with the water.

Chili Con Carne, Spanish Style

To prepare the chili used in this dish: from two pods of dried red chili peppers take out all the seeds and discard them. Soak the pods in warm water to cover until soft, then scrape pulp from the skins into the water, discarding the skins and saving the pulp and water. Cut two pounds of round steak into small pieces, roll in flour and cook in hot frying pan, in pork drippings, until well browned; add three or four tablespoonfuls of flour and stir until browned, then add one clove of garlic in which two gashes have been cut, and the chili water, of which there should be about one pint; let simmer until meat is tender (about two hours), adding hot water if needed.

When done the sauce should be of good consistency; add salt to taste.

Tenderloin Cutlets with Spaghetti

1 pound beef tenderloin	1 cup spaghetti
$\frac{1}{2}$ pound veal cutlet	3 tablespoonfuls butter
$\frac{1}{2}$ cup cooked ham	1 cup mushrooms
$\frac{3}{4}$ cup beef marrow	1 tablespoonful chopped onion
$\frac{1}{3}$ cup cream	3 tablespoonfuls flour
Salt and pepper	1 cup beef broth
2 tablespoonfuls brandy	$\frac{1}{2}$ cup tomato purée
$\frac{1}{2}$ cup grated cheese	

Chop the meat and marrow in a food-chopper; pound smooth with a pestle, then gradually pound in the cream and seasonings. Form into cutlet shapes. Weigh the meat after freeing it of all waste. It will make from eight to twelve cutlets. Dip in an egg, beaten and diluted with

three tablespoonfuls of milk, then roll in soft bread crumbs, sifted; sauté in clarified butter or olive oil. Serve on a bed of spaghetti.

Spaghetti for Cutlets

Cook the spaghetti in boiling salted water until done; drain, rinse in cold water and drain again. Melt the butter; in it cook the mushrooms, peeled and broken in pieces, and the onion; add the flour, stir until blended, then add the broth and purée and stir until boiling; add the cheese and spaghetti; lift the spaghetti with a spoon and fork, until well mixed, while making hot over boiling water.

Beef Stew

For a well-flavored stew select a piece of meat that contains fat, bone and lean meat, the latter predominating. In this selection, everything depends on the number of people to be served. If meat is purchased in large quantity and one has a large sirloin roast, the flank end will make a choice stew. If seven or eight pounds of meat, enough to serve thirty people, are required, the aitchbone may be selected. This piece contains some very tender meat, and the joint may be served one day as a rare cooked roast, and then the rest be made into a stew. For a stew to serve six people, purchase two and one-half pounds of the "chuck"; cut it into small pieces, and brown part of the pieces in a little hot dripping. Cover the rest of the meat with cold water and heat quickly to the boiling point; add the meat from the frying pan and turn some of the hot liquid into the pan; let it stand over the fire until the glaze is dissolved from the pan, then add to the meat. Cover and let simmer about two hours. Add two or three peeled onions, cut in slices, and one carrot, scraped and cut in slices, and let cook half an hour; then add five potatoes, pared, rinsed, parboiled and drained,

and let cook until the potatoes are tender, when all should be cooked. Add salt and pepper as needed and the stew is ready. Two and a half pounds from the hind shank of beef, which is largely lean meat and bone, may be used, if a marrow bone be added for additional marrow.

Beefsteak Chowder

1 lb. round steak	1 teaspoonful salt
2 inch cube salt pork	$\frac{1}{2}$ teaspoonful pepper
1 onion	$1\frac{1}{2}$ cups thin cream or rich
1 quart boiling water	Milk scalded over hot water
4 potatoes	

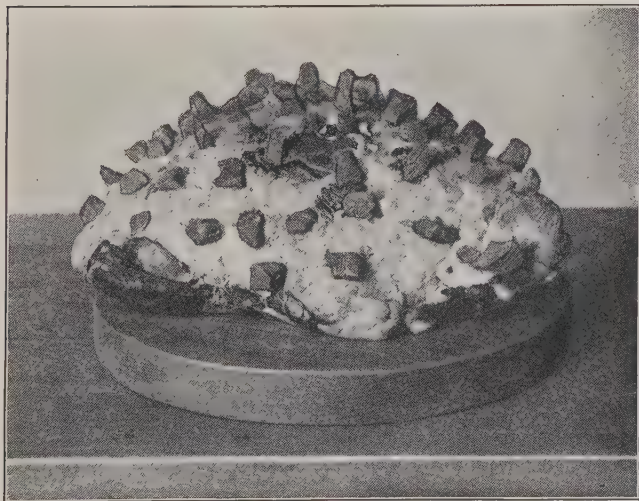
Cut the steak into strips an inch and a half long and half an inch thick and wide. Cut the pork, which should be fat, into tiny bits, and cook until the fat is well tried out; add the onion cut in very thin slices, and stir and cook until the onion is softened and yellowed. Add the boiling water, let simmer five minutes, then strain over the pieces of steak; let boil five minutes, then simmer until the meat is tender. Pare the potatoes, cut in thin slices, and let cook in boiling water five minutes; drain, rinse in cold water and drain again, then add to the meat with the salt and pepper. Add more water if needed to cover the potatoes. When the potatoes are tender add the milk or cream and additional seasoning if necessary. Serve with crackers. Left-over steak may be used.

Pressed Corn Beef

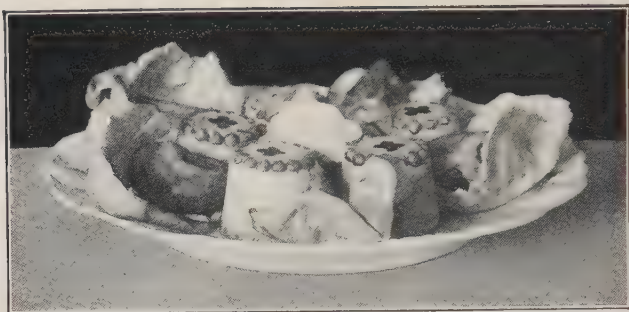
Select a piece of beef containing some fat with the lean meat. Do not buy "fancy brisket" for this dish. Cover with cold water and let cook at a gentle simmer until the meat is tender. Put the meat in a deep, narrow pan, set a board with weight above it and let stand in a cool place over night. Serve cold, sliced thin, with potato salad. Use the remnants in Creamed Corned Beef. Scald two



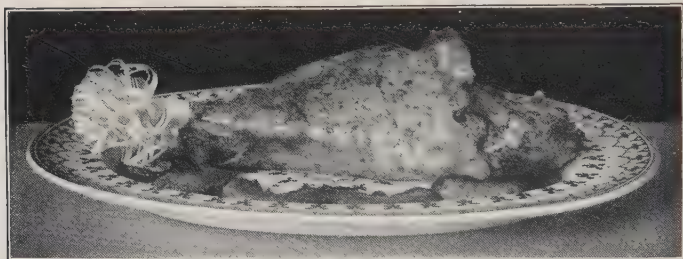
VEAL CUTLETS, POJARSKI, WITH STRING BEANS. *Page 80*



BONED LEG OF LAMB STUDED WITH HAM. *Page 75*



COLD HAM MOUSSELINE. *Page 86*



BOILED LEG OF MUTTON. *Page 76*



BROILED EGG-PLANT. *Page 102*

or three slices of onion and a stalk of celery in the milk used for the cream sauce.

Plymouth Succotash

6 pounds corned beef
6 pounds fowl
5 quarts hulled corn
Salt

Black pepper
3 pints pea beans
5 potatoes
1 turnip

Boil the corned beef and fowl, separately, until tender; when cold, remove the fat from the liquid and heat the two dishes of broth together; add the hulled corn (white or yellow kernels of corn cooked with lye to remove germ, then cooked tender in water without lye), add salt and pepper as needed and let simmer one hour and a half. Stew the beans in a separate saucepan, then strain into the broth, etc. One hour before serving boil the potatoes and turnip (cut in rather small pieces) until done, then add with the water to the above; add the chicken and corned beef, in small pieces, and when hot throughout the dish is ready.

Corned Beef Hash

Chop fine an equal quantity of cold corned beef and boiled potatoes; stir in a little broth or boiling water and turn into hot salt pork fat or dripping in a hot frying pan; stir and cook until hot throughout, then let stand to color and crust slightly on the bottom. Turn on to a hot serving dish.

Frizzled Beef

Heat two tablespoonfuls of butter or bacon fat in a frying pan. Add about one-fourth a pound (a cup packed loosely) of thin-sliced dried beef and stir and cook until well heated. Serve at once on a hot dish. Dried, smoked beef is often frizzled before it is added to cream sauce.

Baked Tripe, Spanish Style

Boil four pounds of fresh tripe until tender; drain and sprinkle with salt and pepper, and arrange in a well buttered dish. Pour over it one quart of chopped tomatoes, one large onion, sliced very thin, one-half a cup of chopped parsley, skin of one large red pepper, minced fine, one-half a cup of chopped olives and one teaspoonful of Tabasco sauce. Pour over all one-half a cup of melted butter, and bake one hour.

Broiled Tripe with Bacon Rolls

Simmer fresh tripe in boiling water until very tender (it will take five or six hours of cooking), add salt during the last of the cooking. Drain, and set aside in a covered dish until ready to use. Brush over the portion to be used (honeycomb tripe is considered the best) with partly melted butter or bacon fat, and set to cook over the coals or under the gas burner. Let cook three or four minutes, then remove to a hot platter, season with a little salt, if needed, and spread over the top as many slices of broiled bacon as there are individuals to serve. Bacon rolls may replace the broiled bacon. To prepare these, run a toothpick through each slice of bacon, rolled up like a jelly roll, immerse all at once (in a basket) in hot, deep fat. Let cook a minute, then drain, and use as specified. A quarter of a lemon should accompany each portion.

"Hot Pot" Mutton or Lamb

2½ lbs. lamb (fore quarter)
6 potatoes

Salt and pepper
Butter

1 onion

Cut the meat into pieces for serving; dredge them with flour and sauté in a little hot fat, tried out of salt pork or bacon. Cut the potatoes in slices one-fourth an inch thick and parboil five minutes; drain, rinse in cold water

and drain again. Cut the onion in slices and parboil fifteen minutes, then drain and rinse in cold water. Put a layer of meat in a casserole, add a layer of potato and of onion, and continue the layers until all are used. Pour in a pint of broth or hot water. Have the last layer potatoes, and put them in so that one slice slightly overlaps another. Season the layers with salt and pepper. Add a few bits of butter to the last layer of potatoes. Let cook covered about three hours in a slow oven. Remove the cover to let the potatoes brown about half an hour.

Boned Leg of Lamb Studded with Ham

Bone a leg of lamb. Fill the center with bread dressing, seasoned with onion and green pepper. Sew the leg into good shape. Cut raw ham into strips an inch long and one-third of an inch thick. With a pointed knife make small incisions in regular rows over both sides of the meat and into these press the strips of ham. In the pan of a double roaster put the fat from the ham, chopped fine, and two or three tablespoonfuls of dripping; when hot put in the lamb, two onions and two carrots, sliced, also three branches of parsley. Set over the fire and let all brown, turning as needed to brown uniformly. Pour over about a quart of hot beef or veal broth, or half and half of each. Set the pan in the covered receptacle and let cook in a slow oven about three hours. Remove the meat to a hot dish, strain off the liquid, season as needed and serve in a sauce boat. The sauce may be thickened with flour made smooth in water, if desired. The lamb thus prepared may also be roasted.

Bread Dressing for Boned Lamb or for Stuffing Chicken or Turkey

Crumble stale bread, freed of crust, by rubbing it through a colander. To two cups (well pressed down) add half a

cup of melted butter, one or two tablespoonfuls of fine-chopped green or red pepper, one tablespoonful of parsley, about a teaspoonful of onion pulp (scraped from an onion cut in halves), a teaspoonful of crushed thyme and half a teaspoonful, each, of salt and black pepper. Mix all together thoroughly.

Boned Loin of Lamb, Roasted

Have a loin of yearling lamb freed from bones and considerable of the flank cut off. Spread the meat, skin side down (the skin, however, should be removed as it is strong flavored), on a board; over it spread bread dressing flavored with a little onion, or the inside of the meat may be rubbed with an onion cut in halves; roll the meat and tie in four or five places with narrow strips of cloth. Set to cook in a hot oven; baste frequently with hot dripping and cook about half an hour. Set the meat on a hot platter, pipe Lima bean purée around it and serve at once. Serve at the same time a fresh vegetable salad with French dressing.

Boiled Leg of Mutton (Yearling), Caper Sauce

The leg may be hung in a steam kettle containing boiling water; it will take about four hours to cook tender. To boil, cover with boiling water, let boil rapidly ten minutes, then let simmer until tender. The time of cooking will be about the same as for steaming. Lamb or mutton for boiling or steaming should be quite fresh. For the sauce, melt one-fourth a cup of butter; in it cook one-fourth a cup of flour and half a teaspoonful of salt, then add two cups of cold water, or liquid in which the meat was cooked cooled for the purpose; stir until boiling, then gradually beat in two or three tablespoonfuls of butter (in bits), add also two or three tablespoonfuls of capers.

Spread the top of the meat, set on a serving dish, with a little of the sauce, sprinkle the sauce with capers and serve the rest of the sauce in a bowl.

China Chilo

2 lbs. scrag end of lamb	1 cup dried flageolet
2 onions, in slices	1 pint boiling water
1 head lettuce, in shreds	Salt and paprika

Select yearling lamb, cut the meat into small pieces, discarding all superfluous fat. Add the other ingredients (the beans should have been soaked over night and drained). Let simmer until the meat is tender. It will take about three hours. More water may be needed, but when the meat is done there should not be a large quantity of broth. Flageolet are green-colored French beans; other varieties of beans, as kidney or Lima, may also be used.

Lamb Chops à la Diable

Spread the eye of the chops, on both sides, lightly with "made" mustard (ground mustard mixed to a paste with a few grains of sugar, and vinegar and boiling water, half and half); roll in sifted, soft bread crumbs, cover with an egg, beaten with four tablespoonfuls of milk or water, and again roll in soft bread crumbs. Let stand to dry a little, then shake, to remove superfluous crumbs, and fry in deep fat. Let fry about six minutes. Drain on soft paper. Serve, around a mound of macaroni à l'Italienne, or peas and slices of carrot, dressed with salt, pepper, a teaspoonful of sugar and two or three tablespoonfuls of butter.

Breaded Lamb Chops, Baked

Wipe the chops very carefully, to remove bits of bone that may be present. Dip in soft bread crumbs (sifted), then in an egg, beaten and diluted with one-fourth a cup

of milk or water, and then in bread crumbs, seasoned with salt and pepper. Dispose on a buttered baking sheet. Bake from fifteen to twenty minutes. Serve around a mound of cooked peas, seasoned with salt, black pepper and butter. Serve with Wargrave sauce in a boat.

Wargrave Sauce

To one cup and a half of brown sauce add a dessert spoonful, each, of red currant jelly, Harvey's sauce, mushroom ketchup and tomato purée; also a rounding table-spoonful, each, of gherkins, mushrooms, ham, and tongue cut in Julienne shreds.

Mixed Grill

(For use in lunch rooms and restaurants)

Have ready one lamb chop, one or two (according to size) pork sausages, four chicken-livers, cut in halves, three slices of bacon, cut in small pieces (about three, each) and a small bunch of washed-and-dried cress. Cover the sausage with boiling water and let simmer about ten minutes, then remove to a broiler; push the pieces of bacon and liver, alternately, on a skewer, and set in place on the broiler; add the carefully wiped chop to the broiler, and let cook over a rather dull fire, removing each article from the broiler when it is done. The sausage will be cooked first. Set the cress on one end of the plate, push the articles from the skewer upon the plate, adjust a paper frill on the chop bone, set this and the sausage in place and serve at once as a single service.

Other combinations for "mixed grill" might include: lamb chop, sausage, chicken-livers and bacon; lamb chop, kidney, slice of ham, maître d'hôtel; beef tenderloin, sausage, chicken-livers and bacon; Hamburg steak, sau-

sage, tripe, bacon; Hamburg steak, slice of ham, two slices of tomato; lamb chop, lamb's liver and bacon, sausage.

Brown Fricassée of Veal

Cut veal steak in pieces for serving; roll in flour and set to cook in hot fat tried out from salt pork; when the veal is browned on one side, turn to brown the other side, then add light broth or water to cover and let cook at a gentle simmer about one hour. Stir one-fourth a cup of flour (for each pint of liquid), half a teaspoonful of salt, and one-fourth a teaspoonful of pepper with cold water to form a smooth thin paste; add to the meat, stir until boiling, and let simmer ten to fifteen minutes, when the dish is ready to serve. A little tomato purée is a good addition to the sauce.

Veal Pot Pie

Wipe a piece of veal from the shoulder, and cut it into pieces for serving. Add a half-inch strip of salt pork or bacon for each piece of veal. Cover with cold water, put over the fire, and bring quickly to the boiling point. Then, after boiling five minutes, skim, and let simmer until the meat is tender. When nearly tender, add salt and pepper to season, and, if desired, potatoes, pared, parboiled five minutes, drained, rinsed in cold water, and drained again. Have ready a steamer of boiling water. On the rack, thoroughly buttered, place some rounds of biscuit dough. Let these cook fifteen or twenty minutes, covered closely, and without allowing the water to stop boiling. Serve the dumplings on the ends of the platter on which the stew is dished.

Dumplings

Pass through a sieve, together, two or three times, two cups of flour, half a teaspoonful of salt, and four level tea-

spoonfuls of baking powder. Mix to a dough with about one cup of sweet milk. Then pat into a sheet, and cut into rounds.

Veal Cutlets, Pojarski Style

Run one pound of veal, freed of all unedible portions, through a meat-chopper twice. Add half a teaspoonful of salt, one-fourth a teaspoonful, or more, of paprika and as much thick cream (half a cup or more) as can be mixed through the meat without making it too soft to handle. Wet the hands in cold water and form the meat into six or more cutlet shapes. These should be less than half an inch thick. Pat these on both sides in flour and sauté in hot fat tried out of fat salt pork. When browned on one side turn to brown the other side. Fresh halibut is particularly good prepared by this recipe. Either veal or fish cutlets may be "egged-and-crumbed" before frying.

Veal Balls in Curry Sauce

1½ lbs. raw veal	½ teaspoonful pepper
2 slices bacon or pork	½ cup cream or broth
1 cup soft sifted bread crumbs	2 well-beaten eggs
1 teaspoonful salt	1 tablespoonful scraped onion
1 tablespoonful chopped parsley	

Pass the meat through a food chopper, add the other ingredients, mix thoroughly and shape into balls about an inch and a half in diameter. Roll the balls in flour, sauté in hot salt pork fat or butter until well browned on all sides. Remove the balls to a casserole; add butter if needed and when hot cook in it one-fourth a cup of flour, a tablespoonful of curry powder and half a teaspoonful of salt, then add two cups of milk or stock and stir until boiling, and strain over the balls; cover and let simmer nearly an hour. Serve in the center of a ring of hot boiled rice.

Mock Sweetbreads with Purée, etc.

1 lb. veal pulp	$\frac{1}{4}$ cup butter
2 eggs	$\frac{1}{2}$ teaspoonful salt
1 cup soft bread crumbs	$\frac{1}{4}$ teaspoonful pepper
1 cup rich milk or white broth	$\frac{1}{2}$ cup double cream

Scrape veal steak cut from the round to get one pound or two cups of pulp, as free as possible from fibers. Pound the pulp in a wooden bowl with a pestle. Add the eggs, one at a time, pounding the first smoothly into the pulp before the second is added. Cook the crumbs in the broth or milk to a smooth, thick paste, let cool, then pound into the veal; pound in also the butter, salt, pepper and cream. When the mixture is very smoothly and evenly blended, press it through a sieve, using the pestle. Form into eight or ten oval shapes, the size of a veal, heart sweetbread split in halves. Set these in a buttered dish; pour over a cup of hot veal or chicken broth, two or three slices of bacon, cut in bits, a few mushroom trimmings, two slices of onion, half a teaspoonful of salt and a chili pepper; cover with a buttered paper and let cook about an hour (a covered casserole may be used). Strain off the broth and add tomato purée and rich broth to make one pint; use this with one-fourth a cup, each, of butter and flour in making a sauce. Set the mock sweetbreads on thin shapes of hot chestnut, sweet potato, green pea or Lima bean purée. These should emerge beyond the meat half an inch on all sides. Pipe purée on the edge around the meat. Dispose hot peas, seasoned with salt, black pepper, butter and a teaspoonful of sugar, at the sides or ends of the dish. Serve the sauce in a bowl.

Vegetable Purée for Mock Sweetbreads

Press the hot cooked vegetable through a ricer, add butter, salt, pepper and cream or rich milk as is needed to make a mixture that will pass smoothly through a pastry

bag and tube. Beat the mixture with a slitted wooden spoon until very light and fluffy.

Veal Loaf

Chop fine (use a food chopper) one pound and a half of veal steak, and about two ounces of fat salt pork or bacon; add one egg and the yolk of another beaten light, one pimiento, chopped fine, a tablespoonful of fine-chopped parsley, half a teaspoonful of powdered thyme, two tablespoonfuls of thick cream or one-fourth a cup of sauce (cream, tomato or similar sauce), half a teaspoonful, each, of salt and paprika, a grating of nutmeg and two crackers rolled fine; mix all together in a compact roll; set into a baking pan on a slice of salt pork, with a slice of pork above. Bake about two hours, basting often with hot fat; reduce the heat after fifteen minutes. Serve cold, sliced thin, with potato or green salads.

Braised Calf's Liver

/Cut matchlike strips of pork from that portion of a piece of fat salt pork which lies just below the rind; draw these into the best looking side of a calf's liver, or entirely through the liver. Put the trimmings of the pork into a frying pan, and, when the fat is well cooked out, put in the liver and cook until nicely browned, first on one side and then on the other. Set the liver in a casserole or an agate pudding dish. Cook two tablespoonfuls of flour in the hot fat; add about three cups of broth or water, and stir while heating to the boiling point. Pour this over the liver; add two sprigs of parsley, half a red pepper pod, a bunch of celery, cut in two-inch pieces, five or six carrots, scraped and cut in lengthwise quarters, or in smaller pieces, if the carrots are large, and a half dozen onions peeled and browned in butter; cover and let cook two

hours in the oven. Remove the liver to a serving dish, and surround with the vegetables. Remove any fat on the gravy, and pour over the whole. Half a cup of tomato purée or of wine may replace an equal quantity of broth.

Calf's Liver, Hashed

Cut one pound of calf's liver into slices and pour over it boiling water to cover; let stand five or six minutes, then drain, wipe on a cloth and chop fine. Melt a tablespoonful of butter in a saucepan, put in the hashed liver, cover and let simmer very gently about one hour, stirring occasionally. Then add a dash of paprika, half a teaspoonful of salt and two or three tablespoonfuls of hot water or broth and serve when mixed thoroughly. Serve on rounds of buttered toast or with baked potatoes.

Roast Spareribs of Pork

Select a piece from young pork. If not too fat the ribs need not be trimmed, though the term "spare" would indicate that the skin and a layer of fat had been removed from the ribs. If the skin be left, score it for cutting in slices; this is easily done with a thin, sharp knife. Dredge with salt, pepper and flour and set to cook in a very moderate oven; let cook twenty minutes for each pound, basting every fifteen minutes with the dripping in the pan. To be wholesome, pork must be thoroughly cooked. If set to cook in too hot an oven, the outside will become seared over before the heat has penetrated the meat and the center will not be thoroughly cooked. Serve with apple sauce.

Shoulder of Pork, Boned, Stuffed and Roasted

Have the dealer remove the bones from a shoulder of young pig. Mix one cup of fine soft bread crumbs, one-

fourth a cup of melted butter, one-fourth a teaspoonful, each, of salt, pepper, sage and thyme and use to fill the opening from which the bone was taken; take a few stitches to hold the dressing within. Score the skin for carving, brush over with dripping, dredge with flour and set to bake in a moderate oven. Let cook about three hours, basting frequently. Prepare an apple for each service. For eight apples make a syrup of one cup and a half, each, of sugar and water; in this cook the apples, turning often and watching constantly to keep the shape. When tender remove to an agate dish, press blanched-and-halved almonds into the top of each apple, dredge with granulated sugar and set into the oven to brown. Let the syrup boil a little, and use to fill the centers of the apples, set around the pork on the platter. Slices of tomato, dredged with buttered cracker crumbs, baked in the oven or broiled, on rounds of toast, may be served on the dish with the apples or may replace them entirely. Plain apple sauce or sliced or stewed tomatoes may replace the more ornamental dishes suggested.

Sucking Pig, Roasted

The pig may be from four to six weeks old. One six weeks old, and weighing sixteen pounds, though rather long to handle easily, will be found most delicate eating. Wash, and wipe inside and out with care, rub over the inside with salt, and, if desired, black pepper. Fill the cavity with a bread or other dressing, and sew up the slit made in dressing the pig. Wrap the ears and tail curled over the back, in buttered papers, fastening each secure with a stitch. Put a cork in the mouth, to hold it open. Tie two or three strips of cotton round the pig to hold it in an upright position, resting on the legs pressed forward. Rub the outside with salt and pepper, and dredge with flour. Set to cook in a moderate oven. Baste every

fifteen minutes with the fat in the pan or with butter melted in hot water. Cook from three to four hours. Turn the pig occasionally, that all sides and the under part may be evenly cooked. Serve with apple sauce and cabbage, celery, apple or orange salad.

Bread Stuffing for Roast Pig

Cut the liver in slices. Over these pour boiling water, and let stand ten or fifteen minutes, then drain. Add a dozen sage leaves, scalded in boiling water and drained, and three small, mild onions, parboiled until nearly tender and drained. Chop the whole very fine, then add ten or twelve ounces of stale bread, pressed through a colander, a teaspoonful or more of salt, and a generous measure of black pepper (half a teaspoonful will be none too much for some tastes). Mix thoroughly, then mix again with one-third a cup of melted butter. A pig a month old will take more dressing than is here given, but possibly this quantity may suffice, as none is needed to keep the pig in shape.

Boned Ham à la Ward McAllister

Scrub the ham thoroughly. Cover with cold water, and heat to the boiling point. Let boil five minutes, then simmer six to seven hours. McAllister's rule was "until you can turn the bone." A boned ham cannot be tested thus, but six hours of gentle simmering will suffice. Take the ham from the kettle, and set aside for twelve hours. An hour before serving put it into a baking-pan, pour over a pint of hot cider, and set into a hot oven. Baste with the cider every five minutes. Reheat in the same manner each time before serving. "The oftener it is placed in the oven and heated, the better it becomes." When the ham is taken from the oven, dredge the fat, from which the skin has been taken, with granulated

sugar, and then score it with a poker heated in the coals. Slices of pared-and-cored apple, cooked tender in syrup and dredged with sugar, may be scored with the poker and used to garnish the dish. Serve apple sauce or apple-and-cress salad in a dish apart.

Ham Soufflé

2 tablespoonfuls butter	2 cups milk ¹
1 slice onion	$\frac{1}{2}$ cup soft bread crumbs
2 tablespoonfuls flour	2 cups chopped ham
$\frac{1}{2}$ teaspoonful paprika	3 eggs

Melt the butter; in it cook the onion without letting it take color, add the flour and paprika, and stir until well blended; add the milk, stir until smooth and boiling, and strain it over the crumbs and ham; add the yolks beaten light and fold in the whites of the eggs beaten dry. Turn into a buttered baking dish, set the dish into a pan of boiling water on several folds of paper. Bake about twenty-five minutes, or until firm in the center. Serve at once from the dish with tomato sauce.

Cold Ham Mousseline

$\frac{1}{2}$ cup chopped ham	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{2}$ cup hot chicken stock	$\frac{1}{4}$ teaspoonful paprika
$\frac{1}{2}$ tablespoonful granulated gelatine	$\frac{1}{2}$ cup double cream
	Peas and slices of truffle
3 tablespoonfuls cold water	

Set a figure cut from a slice of truffle in the bottom of each of five timbale molds. Dispose a circle of cooked peas around the truffle and against the side of the mold. Soften the gelatine in the cold water and dissolve in the chicken stock; set the molds in ice and water; put a few drops of the liquid around the peas to hold them in place; to the rest of the gelatine mixture add the ham, salt, pepper and truffle trimmings cut fine; stir over ice water until beginning to "set," then fold in the cream

beaten very light and turn into the decorated molds. When unmolded serve with lettuce and French dressing.

Jellied Fish, Ham, etc., with Lettuce

Soften one-fourth a package of gelatine in one-fourth a cup of cold water, and dissolve in one cup and a fourth of hot, well seasoned broth. For fish, use fish or chicken broth; for ham or corned beef, use chicken or veal broth. Season the broth with carrot, parsley and onion — also sweet herbs if desired. Add about two cups of cooked ham or corned beef, chopped, or the same quantity of cooked fish, separated into flakes. Turn into molds. Serve unmolded, when cold, with lettuce and salad dressing. Cucumbers are good with the fish.

Ham Croquettes

$\frac{1}{4}$ cup butter	$1\frac{1}{2}$ cups rich milk
$\frac{1}{4}$ cup flour	1 cup boiled rice
$\frac{1}{2}$ teaspoonful salt (scant)	1 cup chopped ham
$\frac{1}{2}$ teaspoonful paprika	1 egg, beaten light

Make a sauce of the butter, flour, seasonings and milk; add the egg, cook until it thickens, but without boiling, then add the rice and ham (cooked). Mix thoroughly and turn on to a dish to become cold. Form into balls or cylinder shapes, roll in soft, sifted bread crumbs, then in a beaten egg diluted with three or four tablespoonfuls of milk or water, and again in crumbs. Fry in deep fat. Serve with peas, stewed tomatoes or tomato salad.

Ham Réchauffée, with Poached Eggs

Stir a cup of fine-chopped cooked ham into three-fourths a cup of hot white sauce; spread the mixture on slices of toast moistened on the edge in boiling salted water and spread with creamed butter into which a little mustard has been mixed. Set a poached egg (only fresh-

laid eggs can be poached properly) on the top of each slice. Allow a tablespoonful of butter and ~~one-fourth~~ a teaspoonful of mustard for each slice of toast or for each two slices.

Common Sausages

Prick the skins repeatedly on all sides, cover with boiling water, and let simmer ten to fifteen minutes; drain off the water and let cook in the oven until well browned. Serve with mashed or creamed potatoes. For luncheon, serve around and against a mound of mashed potatoes; pipe mashed potatoes between the sausage; also pipe rosettes of potato above and set balls cut from carrots, seasoned and tossed in butter between the rosettes. There should be at least one carrot ball for each service. A pound of sausage and a quart of mashed potato is needed for a handsome dish.

Sausages à la Portland

Prick the casings of the sausages repeatedly with a needle or steel fork, to prevent bursting. Set them in a dish on the back of the range, add boiling water to cover, and keep them at a temperature of about 165° F. from forty-five to ninety minutes, according to thickness. Dry on a cloth and broil over the coals. Serve on three slices of lightly buttered dry toast. Tomato sauce may be poured over if desired.

Broiled Sausage, with Soubise Tomato

Roll pork sausage meat, shaped in a bag, into flat cakes half an inch thick throughout. Dip these in melted bacon fat or butter and roll in soft, sifted bread crumbs, then broil over a slow fire. Pour tomato sauce, mixed with onion purée, on a hot dish; dispose the sausage above. Serve at luncheon or supper.

Sauce Soubise Tomato

Slice two mild onions and let cook in chicken broth or water until tender and the liquid is nearly evaporated; press the onions and broth through a very fine sieve. Add one-half the bulk of hot cream and an equal bulk of hot tomato sauce, also salt and pepper as needed. Do not boil after the cream and tomato are added. The onion purée should be quite consistent.

Sausage Croquettes

Season two cups of hot potato that has been pressed through a ricer with half a teaspoonful of salt, a few grains of paprika and one or two tablespoonfuls of butter; add the beaten yolk of an egg; mix and use to cover evenly some cold cooked sausage; shape by rolling on a board as with croquettes; dip in egg and roll in sifted bread crumbs; cook in deep fat. Drain on soft paper.

Sausage, with Fried Cereal and Bananas

Prick the required number of sausages freely with a fork, and set them, covered with cold water, in a saucepan over the fire. Let simmer ten minutes, then drain, and set into the oven to brown. Heat some fat, from a previous cooking of sausage, in an iron frying pan, and in it cook thin slices of cold breakfast cereal dredged with flour. Let the cereal become brown on one side, then turn, and let brown on the other side. At the same time have ready bananas removed from the skin and cut in halves lengthwise, and then crosswise. Dredge these on both sides with flour, and let cook in the hot fat until brown on one side, then turn, that the other side may be browned.

Sausages Baked, with Creamed Potatoes

Chop fine four cold, boiled potatoes; season slightly with salt and dispose in a deep au gratin dish. Pour in cream to come nearly to the top of the potatoes. Prick the casings of one pound of sausages and lower them in a frying basket into a kettle of hot fat; count sixty, then remove and dispose over the potatoes. For a small frying kettle, cook the sausages in two lots, half a pound at a time. Pour over a cup of rather thick white sauce, one made with chicken or veal broth preferred. Use two and one-half tablespoonfuls of flour and two tablespoonfuls of butter to the cup of liquid. Cover the sauce with three-fourths a cup of cracker crumbs, mixed with three tablespoonfuls of melted butter. Let bake about fifteen minutes. Serve for luncheon or supper.

Bacon, with Fried Bananas

Set slices of bacon between the wires of a double broiler. Put the broiler in an oven over a dripping pan. Let cook until the fat is well drawn out. In the fat sauté peeled bananas, scraped, cut in quarters and dipped in flour. Serve for breakfast or supper.

Philadelphia Scrapple

Cook a pig's head in boiling water until the flesh slips easily from the bones. Take out the bones, and chop the meat fine. When the liquor in which the head was cooked has become cold, remove the fat, and reheat the liquor to the boiling point. Add the chopped meat, a teaspoonful of salt for each quart of liquid, and pepper to taste, and heat again to the boiling point. Then sift in through the fingers of one hand, while stirring with the other, as in making corn meal mush, enough corn meal to give the consistency of mush. Let boil vigorously several minutes,

then set back on the range to cook more slowly half an hour. Stir occasionally. When cooked, turn into bread pans and set aside in a cool place. This may be kept several weeks in midwinter. When ready to use, cut into slices half an inch thick, and sauté in butter, bacon fat or drippings.

Venison, with Sprouts and Chestnut Purée

Have ready some rounds of venison about an inch thick, cut from the fillet under the rump and broiled as any steak; also pipe some chestnut purée on a serving dish; set the venison above and the sprouts at the ends of the dish. Pour Madeira sauce with slices of de beef marrow over the meat; or serve celery with Madeira sauce and marrow at the same time.

Purée of Chestnuts

Cut a half-inch slit in one side of the chestnut shells; let cook in boiling water two minutes, drain and dry. To each pint of nuts add a teaspoonful of butter or oil and stir and shake in the oven three or four minutes; then inserting the point of a knife in the slit made in the shell before cooking, remove shell and skin together. Keep the nuts covered while shelling is in process — to accelerate the work. Stew the shelled and blanched nuts very gently in consommé until tender. Press the nuts through a ricer or sieve; add cream, salt, pepper and butter; beat thoroughly over the fire, then pipe, as above, on a hot place. Whole cooked chestnuts are often served with sprouts in place of the purée.

Brussels Sprouts

Free the sprouts of imperfect leaves, cover with cold water and let stand several hours to become crisp. Drain

and set to cook in boiling water slightly salted. Cook until tender; often they will cook in fifteen minutes, but sometimes considerably more time is required. Drain, add a generous piece of butter, a dash of salt and of paprika, and shake over the fire until the butter is evenly mixed through the sprouts. Turn on to a hot dish, sprinkle with fine-chopped parsley and add a few toast points. Dip the pointed edges of the toast in beaten white of egg and then in fine-chopped parsley. Any sprouts left over will make a good salad.

CHAPTER VII

VEGETABLES, HOMINY, MACARONI, ETC.

Wilted vegetables should be freshened in cold water before cooking.

Dried vegetables should be soaked in cold water several hours or overnight before cooking.

All vegetables are set to cook in boiling water.

All vegetables when done should be removed at once from the fire.

Some vegetables, as spinach, asparagus, green peas, celery, tomatoes and others with but little starch should be simmered gently in very little water, and the liquid retained in the finished dish.

Keep the water in which potatoes are cooking at the boiling point until the potatoes are done.

Cook macaroni and rice in rapidly boiling water until done.

Use a comparatively large quantity of water in cooking onions, cabbage and cauliflower; remove these vegetables before all the crispness is gone.

Add salt to the water in which all vegetables save those containing much woody fiber are cooking. Carrots, parsnips, turnips and salsify should not be cooked in salted water.

After potatoes are cooked and drained, sprinkle with salt, and leave partly uncovered; the salt will take up the extra moisture and leave the potatoes mealy.

Escaloped Potatoes and Onions

Cut pared potatoes and peeled onions into very thin slices; dispose in alternate layers in a buttered baking dish, adding salt and pepper as desired. Pour on milk to cover the ingredients, and bake about three hours, adding more milk as needed. Fifteen minutes before serving, spread over the top two-thirds a cup of cracker crumbs mixed with one-third a cup of melted butter and let brown. This dish may be prepared with cooked potatoes and onions, when the cooking may be cut down to half an hour.

French Fried Potatoes

Pare potatoes of uniform size, cut each into quarters lengthwise, and the quarters into halves or thirds lengthwise. Let stand several hours in cold water; drain and dry on a cloth. Set to cook in hot fat, a few at a time. Use a basket; when soft turn from the basket on to hot tissue or blotting paper. When all are cooked soft, return them, a few at a time, to the reheated fat where they will quickly brown. Drain again on paper, sprinkle with salt and serve at once.

Potatoes à la Brabanconne

Pare, boil and mash six potatoes of medium size, then season with pepper and salt. Add two tablespoonfuls of butter, and sufficient cream or milk to make the mixture of the consistency usually sought for in mashed potato. When thoroughly beaten, add one-third an onion, grated, or a tablespoonful of onion juice, one tablespoonful of chopped parsley and four tablespoonfuls of fine-chopped ham. Put the mixture into a buttered pudding dish; cover the top with half a cup of cracker crumbs that have

been stirred into one-fourth a cup of melted butter, and bake about fifteen minutes.

Potatoes Cooked in Milk

Melt three tablespoonfuls of butter in an agate pan; add a pint of cold, boiled potatoes cut in thin slices; sprinkle with half a teaspoonful of salt, and turn the potatoes carefully over and over to mix them with the butter. Add about three-fourths a cup of milk, cover and let cook slowly until the milk is nearly absorbed.

Lyonnaise Potatoes

Melt three tablespoonfuls of butter in a frying pan. Add a tablespoonful and a half of chopped or grated onion; stir and cook until the onion is softened and yellowed, then add a pint of cold, boiled potatoes cut into cubes or slices. Stir until the potato has absorbed the butter and browned slightly. Sprinkle with half a teaspoonful of salt, a dash of pepper and a tablespoonful of fine-chopped parsley. Mix thoroughly and serve in a hot dish.

Hashed Brown Potatoes

Chop six cold, boiled potatoes fine, adding salt and pepper. Put one-fourth a cup of fat into the frying pan, and, when hot, put in the prepared potatoes, and heat quickly. Press the potato into one side of the pan, and let brown on the bottom. When well browned, drain off superfluous fat, if there be any, and turn the potatoes on to a dish, the browned side up. Bacon fat or fat tried out from salt pork is usually preferred for this dish.

Grilled Potatoes

Cut cold, boiled potatoes in halves, lengthwise, and brush each piece on both sides with melted butter, olive oil

or white bacon fat; set into a double broiler and let cook over a moderate fire, turning often, until hot throughout and somewhat browned. Set on a hot dish, sprinkle with salt, spread with creamed butter and serve at once. Sweet potatoes may be cooked in the same way.

Broiled Tomatoes

Cut the tomatoes in halves crosswise without removing the skins. Brush with butter generously, and sprinkle with salt and pepper. Then sprinkle with buttered cracker crumbs; put into a well-oiled oyster broiler, and let broil over a moderate fire. These may be baked in the oven or broiled under a gas flame. They should be removed from the heat as soon as tender, before the shape is injured.

Scalloped Tomatoes

Mix one cup and a half of soft bread crumbs with one-third a cup of melted butter. Take a generous pint of canned tomatoes. Put a layer of the tomatoes into a baking dish suitable to send to the table; sprinkle on a few bits of fine cut green pepper, a teaspoonful of fine-chopped parsley and a little salt. Scrape on a little onion pulp. Add a layer of the crumbs. Continue in the same way until the ingredients are used, having the last layer crumbs. Bake about twenty minutes. If desired a little sugar — about a teaspoonful — may be sprinkled over each layer of tomatoes.

Tomatoes à la St. Jacques

8 small tomatoes	Salt and pepper
1½ cups mushroom caps	¾ cup cracker crumbs
1 cup white sauce	⅓ cup melted butter
1 teaspoonful fine-chopped parsley	2 tablespoonfuls Parmesan cheese

Remove a round piece about the stem end of the tomatoes, and scrape out the seed portions. Season inside

with salt and pepper. Peel the mushroom caps; leave them whole if small button mushrooms, if large, break in pieces. Sauté in a little butter, then stir into a cup of white sauce made with milk or stock; add the parsley and salt and pepper as needed and use to fill the tomatoes. Stir the crumbs into the butter and cheese and use to spread over the mixture in the tomatoes. Bake about twelve minutes. Serve on rounds of toast.

Tomato Creole

Cut in halves, crosswise, six large, fine tomatoes. Place in a buttered baking pan, and sprinkle over them two green peppers, fine-chopped, one teaspoonful of chopped onion, two tablespoonfuls of butter, in small pieces, and a liberal seasoning of salt and paprika. Let cook in the oven. Lift the tomato slices on to rounds of buttered toast. Then add to the liquor left in the baking pan two tablespoonfuls of butter and two tablespoonfuls of flour, melted and browned. Stir well with a wire whisk. Add one cup of cream. Let it boil up. Then strain over tomatoes and toast.

Stewed Tomatoes and Corn

Peel four or five ripe tomatoes, cut in slices and set over the fire to simmer gently until the water is somewhat evaporated and the pulp is tender; add about half a teaspoonful, each, of paprika or black pepper and salt, and half a cup of green corn pulp, and let cook about six minutes, covered. Add two tablespoonfuls of butter, in little bits, and serve at once.

Scalloped Tomatoes and Corn

In a buttered baking dish dispose alternate layers of soft, sifted bread crumbs, sliced tomatoes and green corn

cut from the cob. Season with scraped onion, fine-chopped green pepper and salt. Have the last layer of tomatoes; cover with three-fourths a cup of cracker crumbs mixed with one-third a cup of melted butter. Let cook about half an hour.

Green Corn Oysters

1 pint corn pulp	2 eggs, well beaten
$\frac{1}{2}$ teaspoonful salt	1 cup flour (about)
$\frac{1}{2}$ teaspoonful black pepper	1 teaspoonful baking powder

To the corn pulp add the seasonings and eggs, and stir in the flour sifted with the baking powder. The exact measure of flour cannot be given, as the corn pulp will vary in thickness. Drop by teaspoonfuls into hot, salt pork fat, in a frying pan; when browned on one side turn to brown the other side. To get the pulp, score the kernels lengthwise of the rows with a sharp knife, then press out the pulp with the back of the knife, leaving the hulls on the cob.

Corn Pudding

3 tablespoonfuls corn meal	1 tablespoonful butter
$\frac{1}{2}$ cup cold milk	1 cup corn pulp or
2 cups hot milk	$\frac{1}{2}$ can corn or kornlet
1 teaspoonful salt	2 eggs
$\frac{1}{2}$ teaspoonful paprika	

Stir the cornmeal with the salt, paprika and cold milk, then stir into the hot milk. Cook and stir over boiling water until the mixture thickens; remove from the fire and stir in the other ingredients. Turn into a buttered baking dish suitable to send to the table; set on several folds of paper, in a dish of boiling water; let cook until the center is firm. Serve hot as a vegetable with the meat course, or with bread and butter at luncheon or supper. One or two tablespoonfuls of chopped green or red pepper is an addition to the dish well worth trying.

Canned Corn Pudding, Nantucket Style

Beat one egg. Add one cup of canned corn, half a cup of rolled cracker crumbs, half a cup (or less) of sugar, half a teaspoonful of salt and two cups of milk. Bake nearly an hour in a very slow oven. Serve hot, with butter, at luncheon or supper.

Kohlrabi au Gratin

Often the upper part of kohlrabi will cook tender very quickly while the lower half does not become tender even with long cooking. Pare the upper half of each "globe" and let cook in boiling water until tender; add salt a few moments before the cooking is completed. Dispose the vegetable in an au gratin dish, pour over a pint (to serve eight) of cream sauce, enriched with the beaten yolks of two eggs; sprinkle with grated cheese and set into the oven to melt the cheese. Serve as the principal hot dish at luncheon or supper.

Stewed Cabbage

Remove any imperfect leaves from a head of new cabbage; cut in quarters and discard the hard portion in the center. Let stand in cold water about an hour; drain and shred rather coarse. Cover with boiling water and let cook, partly covered, from half to three-fourths of an hour; drain in a colander and return to the fire with (for a quart) a cup of cream and stir until boiling; add a teaspoonful of salt, half a teaspoonful of paprika, and a tablespoonful of butter, in little bits. Let simmer two or three minutes, then serve.

Stewed Cabbage, Hollandaise

Cook the cabbage as above and return to the fire. Beat one-third a cup of butter to a cream; beat in the

yolks of three eggs, one at a time, half a teaspoonful of paprika, a teaspoonful of salt and the juice of a lemon; stir this through the hot cabbage; let cook a moment, without boiling, when the dish is ready to serve.

Cabbage au Gratin

Cut half a boiled cabbage fine. Make a pint of white sauce. Put a layer of cabbage in a buttered baking-dish, sprinkle with a tablespoonful of grated cheese and pour over a little of the sauce. Add other layers in the same way, having the last layer of sauce, and cover the top with half a cup of cracker crumbs stirred into three tablespoonfuls of melted butter. Bake until the crumbs are browned.

Summer Squash, Fried

Pare young summer squash and cut in slices less than half an inch thick; season with salt and pepper and dip in fritter batter. Let fry, in a frying pan, in hot salt pork or bacon fat or in deep fat, as is most convenient.

Asparagus Sprew, Buttered

Cut off the tips of asparagus stalks. The tips should be two inches in length. Set these to cook by themselves in boiling, salted water. Cut the remainder of the tender stalks into half-inch lengths and cook as usual. Have ready squares of toasted bread; drain the water from the asparagus, dip the edges of the toast in the hot asparagus water and spread generously with butter. Put one-fourth a cup of butter into the bits of asparagus with salt and pepper as needed; shake until the asparagus has taken up the butter, then dispose on the toast. Set the tips above the sprew, sprinkle with melted butter and serve at once.

Jerusalem Artichokes

Jerusalem artichokes resemble potatoes in appearance, but in composition they are more like turnips. Pare and throw into cold water, to keep them from turning black. Set to cook in boiling, salted water. When nearly tender (twenty or twenty-five minutes) prepare a white sauce — a cup is enough for four or five potatoes — using half cream and half water, in which the artichokes were cooked, as the liquid. Drain the cooked artichokes, shake over a hot stove lid to dry off, then turn into a hot dish and pour the sauce over them. A little onion or lemon juice, or both, may be added to the sauce.

Jerusalem Artichokes with Meat

Pare and trim the artichokes and cut them into halves; bring to the boiling point in boiling, salted water, and let boil two or three minutes, drain and dispose around a roast of beef or mutton. Cook about thirty-five minutes, basting with the liquid in the pan each ten minutes.

Jerusalem Artichokes au Gratin

Boil the artichokes as usual, then cut into cubes. Dispose the cubes in an earthen dish in layers, alternately, with cream or Bechamel sauce; sprinkle each layer with grated cheese; cover the last layer with bread or cracker crumbs mixed with melted butter, and set the dish into the oven, to brown the crumbs.

French Artichokes

Two distinct portions of a French or globe artichoke are eaten, — the heart or bottom which holds the purple (white when suitable for cooking) flowerets, and the lower ends of the sepals. Often the choicer part, the bottoms or hearts, are served separately, one as a service. Then

the sepals forming the calyx, with sauce in the center, are served without the heart. The calyx of one artichoke constitutes a service. This custom is quite universal in clubs, restaurants and hotels where large numbers are served à la carte. To eat the lower ends of the sepals, take a sepal in the fingers, dip the lower end into the sauce provided, and draw the lower part of the sepal between the teeth, to separate the edible from the unedible portion. Hollandaise, Bechamel or drawn butter sauce are suitable.

French Artichokes, Boiled

Pull off all coarse or discolored sepals, and cut the stem close to the sepals. Rub over the cut surface of the stem with the juice of a lemon, to keep it white. Set to cook in boiling, salted water and let boil until the heart is tender. Pull back the sepals, to rest on the plate in a circle around the heart; with a spoon lift the flowerets (white or purple) from the heart, to which they are attached. The outer flowerets resemble the sepals in shape, the inner ones are like the purple or white part of a thistle.

Broiled Egg-Plant

Cut the egg-plant in halves lengthwise, then cut each half in slices half an inch thick and remove the peel; brush over with olive oil or melted butter, and pat in sifted, soft bread crumbs seasoned with salt and paprika. Broil over a moderate fire eight to ten minutes, turning often. Set on a hot dish, sprinkle with salt and pepper and dot, here and there, with bits of butter.

Stuffed Egg-Plant

Cut the egg-plant in halves lengthwise, and cook in boiling salted water until tender. Drain carefully, then

remove the pulp, to leave two thin shells. Chop fine half a small mild onion, and let cook in two tablespoonfuls of butter until softened and slightly yellowed; chop the pulp of the egg-plant and six fresh mushrooms (or the equivalent in dried mushrooms soaked in cold water); add the onion and half a cup or more of fine-chopped, cooked meat or nuts; season as needed with salt and pepper and use to fill the shells. Cover the filling with three-fourths a cup of cracker crumbs mixed with one-third a cup of melted butter and let cook about fifteen minutes. Serve with tomato sauce. The mixture may be baked in a shallow dish instead of the shells.

Salsify, Melted Butter

Scrape the roots from the crown downward; cut in inch-lengths into cold water acidulated with vinegar or lemon juice. Boil in salted, acidulated water until tender, then drain. For a pint of salsify, put three or four tablespoonfuls of butter and a scant half teaspoonful, each, of salt and pepper into a saucepan; add the salsify; set the pan on the back of the range and shake the salsify in it until it is evenly coated. Serve in a hot dish. Half a cup of hot cream may be added, or the salsify may be stirred into a cup and a half of white or cream sauce.

Stewed Okra, Creole Style

Wash okra pods and cut from the ends to make them of uniform length. Put two dozen pods in a saucepan with a tablespoonful of butter; add half a green pepper and half an onion, both chopped fine. Let cook five or six minutes, then add two tomatoes, skinned and cut in small pieces, a teaspoonful of chopped parsley and salt to taste; let simmer about twenty minutes. Serve in a hot dish.

Baked Cauliflower

Boil a cauliflower, taking care that it be rather under than over done. Trim the stalk so that the cauliflower will stand level. Do not remove the tender leaves. Put in a well buttered baking dish that may be sent to the table, and dust with salt and black pepper. Have prepared a cup of sauce made of chicken broth. Add two tablespoonfuls of thick cream and one-fourth a cup of grated cheese (American factory or Parmesan). Pour the sauce over the cauliflower to fill all the crevices. Sprinkle a layer of grated cheese over the whole, and bake ten or fifteen minutes. Substitute milk for chicken stock, if desired.

Cauliflower Maître d'Hôtel

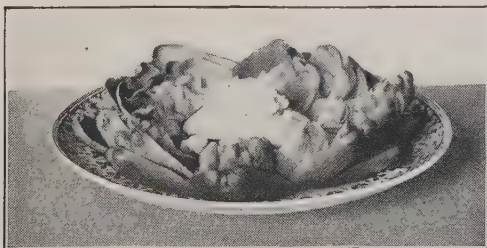
Let a choice head of cauliflower stand, head downwards, in cold salted water an hour or longer. Cook in boiling, salted water until just tender. Cream one-fourth a cup of butter and gradually beat into it half a teaspoonful, each, of salt and paprika and one tablespoonful of lemon juice. Trim the stalk before cooking, that the cauliflower may stand level on the serving dish, also select a flat rather than a rounding head. Have ready one or two lemons, according to the size of the cauliflower; cut in thin, even slices and sprinkle the slices with fine-chopped parsley. Spread the sauce over the cauliflower and dispose the slices of lemon above in a symmetrical manner. A slice of lemon accompanies each service.

Succotash

Scrape, wash and score in quarter-inch slices a quarter of a pound of salt pork. Cover with boiling water and let simmer five or six hours, or until nearly tender. Add one pint of fresh-shelled Lima beans, and more water, if



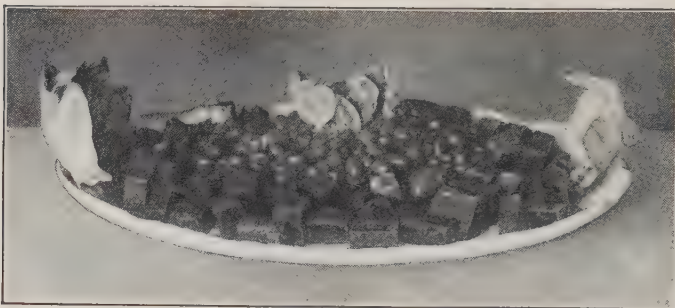
CAULIFLOWER, MAÎTRE D'HÔTEL. *Page 104*



FRENCH ARTICHOKE, HOLLANDAISE SAUCE. *Page 101*



SALSIFY, MELTED BUTTER, WITH TOAST POINTS. *Page 103*



TOMATO JELLY-AND-BAKED BEAN SALAD. *Page 116*



LOBSTER SALAD. *Page 124*



POTATO SALAD. *Page 120*

needed. When the beans become tender, add one pint of sweet corn pulp. Cook about fifteen minutes, and add two tablespoonfuls of butter, or a little sweet cream, and salt, if needed. Pour the succotash into the serving dish, slice the pork in the scorings, and serve at once. This dish is particularly good prepared with dried beans and either dried or canned corn. If dried vegetables be used, let soak over night in cold water.

Green Peppers, Stuffed

3 green peppers	4 cooked mushrooms
1 slice mild onion	$\frac{1}{2}$ teaspoonful parsley
1 tablespoonful butter	$\frac{1}{2}$ cup raw sausage
1 tablespoonful cooked ham	$\frac{1}{4}$ teaspoonful salt
1 tablespoonful flour	$\frac{1}{2}$ cup soft bread crumbs
$\frac{1}{2}$ cup broth	$\frac{1}{3}$ cup butter, melted
$\frac{2}{3}$ cup cracker crumbs	

Put the peppers in boiling water; after two or three minutes remove and with a cloth rub off the outer skin; cut each in halves, lengthwise, and remove seeds and veins. Chop fine the onion, ham, mushrooms and parsley. Melt the butter, add the chopped ingredients and stir a few minutes; add the flour, stir until blended, then add the broth and stir until boiling; add the sausage and salt; stir until well mixed, then let cook about ten minutes, stirring occasionally; add the bread crumbs and use to fill the half-peppers. Mix the cracker crumbs through the melted butter and spread over the mixture in the peppers. Bake until the crumbs are browned.

Onions Stuffed with Sausage

Parboil the requisite number of mild onions about an hour, changing the water twice, replenishing with boiling water. Drain and remove the centers, leaving a thin shell of onion. Fill these centers with pork sausage, rounding the top. Bake about an hour, basting four or

five times with the dripping in the pan or with melted butter. Serve with white sauce if used as an entrée; serve without sauce if used with a roast (as turkey) accompanied with a sauce.

Stuffed Onions

Parboil or steam six or eight choice onions about one hour. Remove from the water and cut out a circular piece from the top of each to form cups. Chop fine the pieces of onion, add an equal measure of cold, cooked veal or chicken, salt and pepper to season, one-fourth a cup, each, of fine soft crumbs and melted butter and mix thoroughly. Season the inside of the cups with salt, then stuff with the prepared mixture. Bake slowly about half an hour, basting with melted butter. Serve with white sauce.

String Beans, with Maître d'Hôtel Butter

After the cooked beans have been made very hot in boiling water, drain and stir into them one-fourth a cup of creamed butter, to which a tablespoonful of chopped parsley, one-fourth a teaspoonful of black pepper, a tablespoonful of lemon juice, and salt, if needed, have been added. Serve very hot. Dried or canned Lima beans and peas may be served according to this recipe.

String Beans, with Cheese

Drain, rinse and drain again a can of string beans. Put over the fire in boiling water; let heat while a cup of white sauce is made, using milk or white stock as the liquid. Add the beans and one-fourth a cup of grated cheese. Lift the beans with a silver fork occasionally, until the cheese is melted. Serve very hot. If intended for the substantial dish of the meal, add to the sauce the beaten yolks of one or two eggs and a little cream.

Baked Lima Beans (Dried Beans)

Wash a quart of Lima beans. Let soak over night or several hours, then drain and put over the fire to cook in water to cover. Cover and cook about an hour and a half, adding more boiling water as needed to keep them covered. Season with salt and pepper and stir in two tablespoonfuls of butter and flour creamed together. Let boil, then turn into a baking dish; cover the top with half a cup of cracker crumbs, mixed with two tablespoonfuls of melted butter. Let bake about fifteen minutes. Fresh beans may be prepared in the same manner, the time of boiling being made less. Dried Lima beans may also be cooked as Boston baked beans.

Lima Beans in Cream

This dish is at its best when made with fresh, or green, Lima beans, but canned or dried beans give excellent results. Canned beans should be rinsed in cold water and drained; fresh beans should be cooked until tender and the water nearly evaporated. Soak dried beans over night in cold water, drain and set to cook in a fresh supply of water; cook until tender, replenishing the water as needed; when tender the water should be reduced to one or two tablespoonfuls. To a pint of fresh or canned beans, or a cup of dried beans, add two tablespoonfuls of butter, half a teaspoonful, each, of salt and black pepper, and cook and toss in the pan about five minutes, taking care to keep the beans whole; add one-third a cup of hot cream; turn into the serving dish and sprinkle with a little fine-chopped parsley.

String Beans, Spanish Style

Take two pounds of green string beans and chop fine. Put one tablespoonful of bacon drippings in a frying

pan, add one onion, cut fine, and half a dry red pepper, cut fine; let onion and pepper cook until softened, then add three ripe tomatoes, cut fine, and stir in one tablespoonful of flour; then add one quart of cold water; then the chopped beans, with salt and pepper to taste, and let the beans cook until tender; keep adding water as needed, so as not to let them get too dry.

Baked Beans, Spanish Fashion

Let a pint of dried beans (California, pea, yellow eyed, flageolet or Lima beans) stand covered with cold water over night; rub the beans between the hands and rinse in cold water. Again cover with cold water and let heat slowly to the boiling point, then let simmer five minutes, adding at the last a teaspoonful of soda. Drain and rinse with cold water. Turn a layer of the beans into a baking dish, sprinkle with sweet red peppers, chopped fine, and a little salt; add also a slice or two of bacon, cut in tiny squares; continue the layers until the beans are used. Have ready cooked tomatoes, pressed through a sieve to exclude seeds; add these to the beans until they are well covered. Bake in a hot oven about four hours.

Boston Baked Beans

Let one pint of pea beans soak in cold water over night. In the morning wash and rinse in several waters. Par-boil until they may be pierced with a pin. Change the water during the parboiling, adding a teaspoonful of soda with the last water. Rinse thoroughly in hot water. Put one-half of the beans into the bean-pot. Pour scalding water over one-fourth a pound of salt pork and, after scraping the rind thoroughly, score it in half-inch strips. Lay the pork on the beans in the pot, and turn in the rest of the beans. Mix two tablespoonfuls of molasses and

one teaspoonful, each, of mustard and salt, with hot water to pour, and turn over the beans. Then add boiling water to cover. Bake about eight hours in a moderate oven. Keep the beans covered with water and the cover on the pot until the last hour. Then remove the cover, and bring the pork to the top, to brown the rind. Beans are better baked in large quantity.

Boston Baked Bean Croquettes

Press cold baked beans through a ricer or sieve. To a pint add three or four drops of Tabasco sauce, two or three tablespoonfuls of tomato catsup and, if liked, a teaspoonful or more of grated horseradish mixed with vinegar. Shape into small balls with a teaspoonful of baked beans left whole in the center. Roll in soft, sifted bread crumbs, then in a beaten egg diluted with cold water and again in crumbs. Fry in deep fat about one minute. For an hors d'œuvre make the balls the size of an English walnut, seasoning more highly than given above. Serve one or two as a service. Pass at the same time olives or small gherkins and very small Boston brown bread sandwiches.

Curry of Baked Beans

This dish may be made of left over Boston baked beans, or a tablespoonful of curry powder and two onions, sliced and cooked brown in two tablespoonfuls of salt pork fat, may be added to one pint of pea beans after they are disposed in the bean pot. For a pint of the left over beans, slice an onion in two tablespoonfuls of salt-pork fat, stir constantly and let cook until browned delicately; add from half to a whole tablespoonful of curry powder and half a cup of tomato purée and let simmer ten minutes, then strain over the beans, cover

and set into the oven to become hot throughout. If the beans are rather dry, use a little more of the purée. When done there should not be an overabundance of liquid.

Baked Beans and Pork, New York Style

Let a pint of pea beans soak over night in water to cover generously. In the morning drain off the water; add fresh water and wash and rub the beans through the hands in the water. Turn the beans into a colander and let cold water run through them. Then cover with cold water and put over the fire to cook. Dip one-fourth a pound of salt pork into boiling water, and scrape the outer surface, including the rind, thoroughly, then put the pork into the beans to cook. When the skins of the beans are easily pierced, remove them from the fire, add a teaspoonful of salt and turn them into a rather shallow baking dish (a tin or agate dish answers nicely). Score the rind of the pork, for cutting into slices, and press it down into the beans in the middle of the dish, cover with an agate plate and bake in a moderate oven from four to six hours. Add boiling water as needed during the first of the cooking. Do not add water during the last hour. Just before the last hour, remove the cover, to brown the top of the beans and pork. Serve hot with tomato catsup, mustard pickles and the like.

Rice, Spanish Style

Put two frying pans on the stove, and in each put one teaspoonful of bacon fat. Take one onion and four green chilis, chop very fine, sprinkle with a little salt; put this in one frying pan and cook until softened without browning. In the other pan put one cup of rice, washed and dried; stir and let cook a light brown; add the onion and chilis and one cup of tomato; then fill the frying pan with boiling water and let cook until rice is dry.

CHAPTER VIII

SALADS

A salad at dinner should be seasoned with French dressing; such salads are served with the fish or roast.

A salad dressed with mayonnaise is appropriate at luncheon, high tea, card party, reception or banquet.

A green vegetable salad should be served as soon as it is dressed.

Cooked materials may be seasoned (marinated) with French dressing and left to stand some time; but should be served as soon as possible after the addition of mayonnaise dressing.

Mayonnaise loses its creamy consistency (liquefies) when mixed with other articles.

A salad is not an acid dish, and in all dressings vinegar or lemon juice should be used sparingly.

French Dressing

3 tablespoonfuls oil
1 to 3 tablespoonfuls lemon
juice or vinegar

$\frac{1}{4}$ teaspoonful salt
 $\frac{1}{8}$ teaspoonful pepper

The ingredients for the dressing may be mixed and poured at once over the salad materials, which are then turned over and over until the dressing has been taken up by them; or the condiments, mixed with the oil, may be first used, then, after each leaf or separate piece has been thoroughly coated with the oil, the acid may be poured on and the salad turned over and over until the acid is evenly mixed throughout.

French Dressing with Mustard

(Particularly good for green salads and beans of all kinds)

Use from a teaspoonful to a tablespoonful of mixed mustard to the ingredients given, on page 120, for French Dressing. Put the mustard — brown in color, such as is put up in bottles ready for table use — in a bowl, add the condiments, then gradually beat in the oil and, lastly, the vinegar. The inside of the bowl may be rubbed over with a clove of garlic cut in halves, or one-fourth a teaspoonful of onion juice or pulp may be added to the mustard.

French Dressing with Chili Sauce

Put two tablespoonfuls of chili sauce, one tablespoonful of vinegar, three tablespoonfuls of olive oil, and one-fourth a teaspoonful, each, of salt and paprika into a fruit jar; adjust a rubber and cover securely, then shake to form a thick emulsion. Use with a green vegetable salad. The vinegar is often omitted.

Vinaigrette Sauce

3 tablespoonfuls vinegar	Two or more tablespoonfuls
$\frac{1}{4}$ teaspoonful salt	fine-chopped parsley, chives,
$\frac{1}{4}$ teaspoonful pepper	chevрил and terragon
	6 tablespoonfuls oil

This dressing is good for asparagus and other cooked vegetable salads. The dressing is mixed in the same manner as is French dressing.

Russian Salad Dressing

1 cup mayonnaise	$\frac{1}{2}$ teaspoonful paprika
$\frac{1}{2}$ cup olive oil	1 teaspoonful pimientos, chopped fine
1 teaspoonful vinegar	1 teaspoonful green pepper, chopped fine
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{2}$ cup chili sauce

Beat the extra oil into the mayonnaise, add the other ingredients except the chili sauce, then gradually beat in the chili sauce.

Nicoise Dressing

$\frac{1}{2}$ teaspoonful mustard	1 cooked egg-yolk, sifted
1 teaspoonful chives, chopped-fine	1 teaspoonful chili sauce
$\frac{1}{2}$ teaspoonful salt	4 tablespoonfuls olive oil
$\frac{1}{4}$ teaspoonful paprika	1 tablespoonful vinegar
1 teaspoonful parsley, chopped-fine	

Grated onion or shallot may replace the chives; mix the dry ingredients with the egg-yolk, then gradually beat in the other ingredients.

Roquefort Cheese Salad Dressing

2 ounces or $\frac{1}{4}$ cup Roquefort cheese	$\frac{1}{2}$ teaspoonful salt (scant)
4 to 6 tablespoonfuls olive oil	$\frac{1}{2}$ teaspoonful paprika
2 to 3 tablespoonfuls vinegar	

Beat the cheese to a cream (use a wooden spoon), then gradually beat in the oil, vinegar and seasonings. The uncooked yolk of an egg is sometimes beaten into the cheese, and thick cream may replace part of the oil. This dressing is particularly good with lettuce, endive, sliced tomatoes and cold boiled cauliflower. Serve with crackers or bread in some form, but not with meat or fish dishes.

Mayonnaise Dressing

Beat the yolks of two eggs until light colored and thick. Add half a teaspoonful of salt, one-fourth a teaspoonful or more of paprika, and beat again. Then beat in two tablespoonfuls of acid, — lemon or vinegar, or half of each, as is preferred. When the mixture is smooth, beat in half a teaspoonful of olive oil. Continue beating in the oil, increasing the quantity to a teaspoonful, and finally to a tablespoonful, until a pint has been added. Lastly, beat in two tablespoonfuls of boiling water, one at a

time. In making the dressing, use a Dover egg-beater, and beat vigorously from the start. If the dressing is to stand any time before using, cover the receptacle with a glass or china plate, and set it aside in a cool place. Beat the full quantity of acid given into the yolks at first, or the oil cannot be added in the quantity indicated. Follow the directions carefully, and a smooth, perfect mayonnaise may be assured.

Boiled Salad Dressing, with Whites of Egg and Cream

Mix half a teaspoonful of mustard, half a teaspoonful of salt and a generous fourth a teaspoonful of paprika. Add the yolks of two eggs, and mix thoroughly. Add one-fourth a cup of butter and one-fourth a cup of cider vinegar or lemon juice and vinegar, half and half. Set the saucepan over hot water, and stir until the mixture becomes smooth and thick. Then remove from the fire, and beat in the white of one egg, beaten dry. Return the saucepan to the hot water, if needed, to set the egg. Beat the mixture constantly while it is in the hot water. When the mixture is cold and the salad ready to serve, fold in half a cup of thick cream, beaten solid.

Romaine Salad

Discard the outer green leaves and detach the others from the stem. Look over the leaves carefully and wipe with a damp cloth if needed, or if necessary wash quickly in cold water and dry on a cloth. Dispose in a salad bowl, and when ready to serve pour on about a tablespoonful of dressing for each service.

Salad Dressing for Romaine

Rub a soup plate with a clove of garlic, cut in halves; put in half a teaspoonful, each, of salt, white pepper,

chili Colorado (mild Mexican pepper) and curry powder, a teaspoonful of fine-chopped parsley, the grated yellow rind of half a small lemon and a teaspoonful of grated onion. Mix together thoroughly; add four tablespoonfuls of oil and crush the solid ingredients in the oil; add two tablespoonfuls of vinegar, mix again and strain over the romaine. This will serve four people.

Lima Bean Salad

Over a pint of cold, cooked Lima beans pour three or four tablespoonfuls of olive oil, two tablespoonfuls of cider vinegar, one teaspoonful of grated onion pulp, half a teaspoonful of salt and half a teaspoonful of paprika. Toss and mix; dispose on a serving dish, and surround with a "pin-money mango" chopped fine. Serve at once or let stand in a cool place for some time before serving.

Lima-and-Black-Bean Salad

Let one cup each of Lima and black beans soak over night, separately, in cold water; drain, wash in cold water, drain and set to cook in cold water. After boiling begins, replenish with boiling water as needed and let cook until tender. Season with salt when about three-fourths cooked. When cold, season, separately with oil, vinegar, onion juice, paprika, chopped parsley and about one-fourth a teaspoonful of mustard or curry powder. Let stand until well seasoned. Serve in a bowl lined with lettuce hearts. Dispose the dark beans in the center and the light ones around the edge.

String Bean Salad in Crown of Eggs

Cut four hard-cooked eggs in lengthwise quarters, and trim the quarters to stand level. Soften a teaspoonful

of gelatine in cold water and dissolve with just as little boiling water as possible. Select a plate with a pattern that gives a circle about five and one-half inches in diameter. Dip the trimmed ends of the egg quarters in the gelatine and set them, one after another, upright on this circle, the yolks outward. Have the plate chilled and the sections of egg will adhere to the plate. Set the plate aside in the refrigerator until ready to serve.

Season one pint of cold, cooked string beans with half a teaspoonful salt, one-fourth a teaspoonful of paprika, four or five tablespoonfuls of oil, two tablespoonfuls of vinegar and about one-fourth a teaspoonful of onion juice. Let stand in a cool place an hour or more, then add more oil or other seasoning if needed, and turn inside the crown (ring) of eggs. A tuft of heart-leaves of lettuce may be set in the top of the beans and single leaves back of the sections of egg.

Baked-Bean-and-Tomato Salad

Stir together three tablespoonfuls of vinegar, six tablespoonfuls of oil, half a teaspoonful of scraped onion and half a teaspoonful, each, of salt and paprika. Pour part of the mixture over a pint of cold Boston baked beans; toss until the beans are coated with the dressing, then turn into a salad bowl. Set a border of peeled-and-sliced tomatoes round the beans and turn the rest of the dressing over them. Cold Lima, kidney or string beans may be served in the same way.

Tomato-Jelly-and-Baked-Bean Salad

Stew two cups and a half of tomatoes, two slices of onion, two cloves, three branches of parsley, half a teaspoonful of salt, half a red or green pepper pod, or half a teaspoonful of paprika, fifteen minutes. Press through a

sieve. There should be nearly two cups of purée; add one-fourth a package of gelatine, softened in one-fourth a cup of cold water; stir until the gelatine is dissolved, then turn into a shallow dish. Mix three tablespoonfuls of olive oil, one and a half tablespoonfuls of vinegar, one-fourth a teaspoonful, each, of salt and pepper and a teaspoonful of grated onion, and pour over one pint of cold baked beans; toss and mix together and turn into the center of a dish. Unmold the tomato jelly and cut it into small cubes. Prepare two-thirds as much dressing as was mixed for the beans, pour it over the cubes of tomato and dispose these around the beans. Sprinkle the whole with fine-chopped parsley or parsley and green pepper mixed, and serve at once.

Egg-and-Tomato Salad

Cut hard-cooked eggs in quarters, after removing a slice from one end that the eggs may stand level. On individual plates set slices of ripe tomato with two or three heart-leaves of lettuce; on each slice of tomato set one of the prepared eggs, held together with a ring cut from a slice of tomato. Surround with mayonnaise dressing.

Stuffed Tomato Salad

Peel small tomatoes, cut out the hard pieces around the stem ends and remove the seed portions to make tomato cups. Sprinkle inside lightly with salt and pepper, and fill with equal portions of celery and walnuts cut in pieces and mixed with mayonnaise dressing. Serve on lettuce leaves and garnish with curled celery. Pass mayonnaise in a separate dish.

Bits of cooked chicken, veal or ham may replace the nuts, or be used with them.

Tomato-and-Onion Salad

Peel and slice ripe tomatoes; peel and cut in thin slices one or two mild, white young onions. Prepare a French dressing according to the usual formula. Put the onions in the salad bowl and pour over the dressing; with the salad fork and spoon turn the slices of onion over and over in the dressing, pressing upon them to extract some of the flavor. Add the slices of tomato and turn them carefully in the bowl, to keep the shape while the dressing is absorbed. At the last, tuck in some tender heart-leaves of lettuce and serve at once. The onion may be served or not according to taste.

" 1912 Salad "

$\frac{1}{2}$ cup olive oil	$\frac{1}{4}$ teaspoonful salt
Juice of $\frac{1}{2}$ a lemon	$\frac{1}{4}$ teaspoonful paprika
Juice of $\frac{1}{2}$ an orange	1 teaspoonful Worcestershire
1 teaspoonful grated onion	sauce
3 teaspoonfuls parsley, chopped fine	$\frac{1}{4}$ teaspoonful mustard

Put the ingredients for the dressing into a fruit jar, adjust one or two rubbers and the cover, and shake until the mixture is smooth and thickened a little. This is sufficient for eight portions. Select smooth, firm tomatoes; peel and cut into slices a generous half-inch thick; stamp out small rounds from the slices and insert in the center of each slice four or five cooked asparagus tips. Dispose on heart-leaves of lettuce. Cut the small rounds into cubes and dispose these, with several olives and cooked chestnuts, cut in slices, at one side, then pour on the dressing and serve at once.

Tomato-Jelly-and-Asparagus Salad

2 $\frac{1}{2}$ cups tomato	$\frac{1}{2}$ teaspoonful salt
2 slices onion	$\frac{1}{2}$ package gelatine
2 stalks parsley	$\frac{1}{2}$ cup cold water
$\frac{1}{4}$ green pepper	

Cook the vegetables fifteen minutes, add the salt and the gelatine softened in the cold water and strain into a shallow dish. When ready to serve, turn the jelly on to a clean sheet of paper, and with a knife dipped in boiling water cut the jelly in half-inch cubes. Dispose the cubes on heart-leaves of lettuce; above set a row or layer of cooked asparagus tips. Pour over half a cup of French dressing. Lengthwise quarters of hard cooked eggs may be added as a garnish.

Tomato Jelly, Quickly Made

Soften one-fourth a package of gelatine in one-fourth a cup of cold water, add half a cup of boiling water and one cup and a half of chili sauce. Set aside in a shallow pan or in individual dishes to harden. Serve with lettuce and French dressing, or cut in cubes as a garnish to any variety of salad.

Cucumber Jelly

Pare two cucumbers and cut in slices; add a slice of onion, a stalk of celery, half a tablespoonful of nasturtium seeds, a piece of green pepper pod and half a teaspoonful of sweet herbs, with water to cover. Let simmer until the cucumber is tender, then press through a very fine sieve. Season with salt, pepper and a tablespoonful of lemon juice. Then add, for each pint of liquid, one-third a package of gelatine, softened in one-third a cup of cold water and dissolved over hot water. Tint delicately with green vegetable color-paste and turn into molds to harden. Serve, with any salad dressing, in the same ways that tomato jelly is used.

Cucumber-and-Pimiento Salad

Pare a chilled cucumber and cut it into julienne pieces (like a match but shorter); remove pimientos from a can,

rinse in cold water, dry on a cloth and cut in shreds similar in size and shape to those of the cucumber. Use equal measures of each. Dress each separately with French dressing to which a little grated or scraped onion has been added. Dispose in the salad bowl separately, one as a wreath around the other, or mix the two together. Particularly good with fish.

Cauliflower-and-Beet Salad

Dress flowerets of cold, cooked cauliflower with oil, salt, pepper and vinegar, or lemon juice. Dress the shredded outside leaves of a head of lettuce, and a beet cut in figures, and the chopped trimmings, each separately with the same ingredients. Dispose the lettuce on the center of a serving dish, and the carefully drained cauliflower above. Sprinkle with the figures cut from the beets, and dispose the chopped beets in points around the central mass. Serve mayonnaise in a dish apart.

Potato Salad

1 quart potato cubes	1 teaspoonful salt
1 cup tiny carrot cubes	$\frac{1}{2}$ teaspoonful paprika
6 flowerets cooked cauliflower	$\frac{1}{4}$ teaspoonful mustard
3 slices fine-chopped onion	4 hard cooked eggs
2 tablespoonfuls chopped parsley	2 tomatoes
2 tablespoonfuls piccalilli	1 cup mayonnaise dressing
8 tablespoonfuls olive oil	Capers and parsley
4 tablespoonfuls vinegar	

The cubes of potato should be half an inch in diameter. Cut the carrots in julienne pieces, then when these are cooked cut them into tiny cubes; break the flowerets of cauliflower into small pieces. Put the onion, parsley and piccalilli into a wooden bowl and chop all together until very fine, then add to the cooked vegetables; add also the oil, vinegar, salt, paprika and mustard; mix thoroughly and shape in a mound; spread the mayonnaise over the

mound; with capers, outline the surface in four sections of same size; fill one with the whites of two eggs chopped fine; fill another with the sifted yolks of two eggs; fill a third with chopped parsley, and a fourth with capers. Cut two of the eggs into lengthwise eighths, cut the peeled tomatoes into quarters or eighths, lengthwise, according to the size; set these around the base of the salad and finish the top with a sprig of parsley or lettuce heart.

Potato Salad for Thirty

5 quarts potato cubes	2 pickles, mustard preferred
2 onions	1½ tablespoonfuls salt
10 cent bottle stuffed olives	1 teaspoonful paprika
5 cents worth parsley	¼ teaspoonful black pepper
½ cup piccalilli	1¼ cups olive oil
	⅓ cup vinegar

Cut the potatoes in cubes when cold. The parsley, loose in cup, measures one cup of leaves. Chop the parsley, onions, olives and pickles together in a wooden bowl; chop very fine. Add all the ingredients to the potatoes and mix thoroughly.

Cabbage Salad, Lenten Style

Shave crisp, white cabbage exceedingly fine, and a smaller measure of purple cabbage in the same manner. Mix each separately with French dressing. Dispose the white cabbage in a salad bowl, with a wreath of the purple cabbage on the top. Cooked or mayonnaise dressing may be used in place of the French dressing.

Cabbage Salad, French Fashion

Cut a small new cabbage in quarters and let stand in ice water to chill; swing in a cloth until dry, cut out and discard the hard center, then shred very fine; shred also a green pepper, freed from seeds and veins, exceedingly fine, and prepare a tablespoonful of fine-chopped parsley.

For a pint of material, mix half a teaspoonful of salt, one-fourth a teaspoonful, each, of mustard and pepper, four tablespoonfuls of oil and two tablespoonfuls of vinegar. When thoroughly blended dispose on a serving dish. Garnish with figures cut from slices of cooked beet and with lengthwise quarters of hard-cooked eggs.

Pimiento-and-Cheese Salad

Cut Neufchatel or Philadelphia cream cheese in small cubes. Rinse canned pimientos in cold water; drain and dry on a cloth. Cut the tops of the pimientos in vandykes (points) and fill with the cheese and trimmings of the peppers cut in small pieces. Set these on heart-leaves of lettuce. Finish with a teaspoonful of mayonnaise above the cheese or around the pimientos. Serve with bread or rolls as the chief dish at luncheon or supper.

Fin de Siècle Salad (Thorndike Style)

For one service take four or five heart-leaves of lettuce, one (canned) artichoke bottom, two short stalks of asparagus, a generous tablespoonful of flageolet (French beans, green in color and kidney-shaped), half a French endive cut in julienne shreds, about a tablespoonful of mayonnaise dressing, a little sifted hard-cooked yolk of egg, and one very small beet cut in halves. Set the artichoke bottom on the lettuce, the asparagus tips on two opposite sides of the artichoke, and the beans on the artichoke between the asparagus; above the whole set the dressing; dispose the strips of endive over the dressing; set the halves of beet at the base of two sides opposite each other, and sift the yolk over the whole.

Egg Salad, Aurore

For one large or two small portions there are needed two half-inch, thick slices of a good-sized tomato, one

tender hard-cooked egg, four lettuce leaves and two tablespoonfuls of mayonnaise dressing. Set the tomato over a little of the dressing on the lettuce. Cut the egg in quarters, remove the yolk to a sieve, cut the pieces of white in halves crosswise and dispose on the tomato, the pointed ends to the center; dispose the rest of the mayonnaise at the points where the pieces of white meet. Sift the yolk over the dressing. Serve at once.

Yvette Salad

Take equal measures of celery cut in thin slices, or sprigs of cress; lean, cooked ham or corned beef or tongue in tiny cubes, and half as much of pimientos cut in half-inch squares. Dress with mayonnaise dressing.

Salmon Salad with Macédoine of Vegetables

1 pint clarified chicken broth	1 pint cooked salmon
1 pint cooked vegetables in bits	French dressing or
1 tablespoonful gelatine	Mayonnaise dressing
¼ cup cold water	Lettuce

Use a pint mold; the broth should be strong and well seasoned. For the vegetables use string beans, asparagus tips, peas, celery and carrot. Soften the gelatine in the cold water, dissolve in the hot broth; when cooled somewhat add the vegetables, and when beginning to set mix thoroughly and turn into the mold. Ice and chilled vegetables shorten the process materially. When ready to serve, dip the mold in warm water to the top of the dish and unmold on a chilled dish. Fill the center with flakes of cold, cooked salmon seasoned with French dressing. Serve French or mayonnaise dressing in a bowl.

Shrimp Salad

Fresh or canned shrimps may be used for this salad. If canned shrimps be used, cover them with cold water;

let stand two or three minutes, then drain and dry on a cloth. Reserve a whole shrimp for each service, and pick the rest into two or three pieces, each, discarding the intestinal vein. Mix the pieces of shrimp with mayonnaise or cooked dressing and dispose in nests of lettuce. Garnish with the whole shrimps and a few capers, and serve at once.

Lobster Salad

Lobster meat for salad or other preparation should be handled as little as possible. Remove the meat from the shells with care, leaving the pieces as they are, or cut them into smaller pieces. Dispose on a bed of carefully dried lettuce leaves and serve the dressing in a bowl. As lobster is rather rich, a simple French dressing is best. If mayonnaise be used, do not mix it through the lobster, set a little above each portion of lobster.

Chicken Salad, Spring Style

1 pint cold cooked chicken in cubes	$\frac{1}{2}$ cup blanched almonds, shredded
1 cup white grapes skinned, cut in halves and seeded	6 tablespoonfuls olive oil
$\frac{1}{2}$ cup cubes of pared apple	1 teaspoonful salt
1 tablespoonful lemon juice	$\frac{1}{2}$ teaspoonful paprika
2 heads French endive, cut julienne style	2 tablespoonfuls lemon juice
	$\frac{1}{2}$ cup or more mayonnaise dressing

Sprinkle the tablespoonful of lemon juice over the cubes of apple while preparing them, in order to keep the apple white. Mix the oil, salt, paprika and lemon juice and pour over the prepared ingredients; mix thoroughly and shape in a mound on a bed of lettuce leaves; spread the mayonnaise over the top of the mound. Sprinkle the dressing with fine-chopped pistachio nuts. Blanch the nuts before chopping.

Napolitaine Salad

Cut hard-cooked eggs in even slices. Dispose these alternately with thin slices of Bologna sausage, crown

shape, on a serving dish. Season a pint of cold, boiled potato cubes and half a pint of beet-root cubes, separately, with sauce tartare. Turn these into the center of the crown. Sprinkle the whole with fine-chopped parsley. For the sauce tartare, add to a cup of mayonnaise dressing one-fourth a cup of fine-chopped olives, capers, pickles and parsley.

Apple-and-Pimiento Salad

Pare six tart apples and cut them in julienne shreds or in small squares. Squeeze over them the juice of a lemon; add one or two pimientos, rinsed in cold water, drained and dried on a cloth and cut in small pieces. Mix six tablespoonfuls of oil with a scant half teaspoonful of salt and a dash of paprika and turn over the apples and peppers. Toss together lightly. Serve on crisp heart-leaves of lettuce with roast or broiled meats, or with cheese custard, croquettes, etc.

Grape-fruit Orange-and-White-Grape Salad

Cut the grapefruit and orange in halves, crosswise, and lift out the half sections, freed from the membrane with a sharp knife, in whole pieces. Remove the skin from the grapes, cut them in halves and take out the seeds. Serve the prepared fruit — in such proportions as is desired — on lettuce hearts. Pour a tablespoonful of French dressing over each service. Use lemon juice, one tablespoonful to four tablespoonfuls of oil, in making the dressing.

Date-and-Banana Salad

Peel and scrape four bananas; cut them in thin slices and at once squeeze over them the juice of half a lemon. Pour boiling water over a pound of choice dates; stir and separate the dates in the water, then skim out upon an agate plate. Set the plate in the oven to heat the

dates thoroughly, then cut each in four lengthwise pieces and discard the stones. Over the dates pour a tablespoonful of lemon juice. Mix four tablespoonfuls of olive oil, one tablespoonful of lemon juice and a generous quarter of a teaspoonful, each, of salt and paprika, and pour half over the bananas and the other half over the dates. Serve on heart-leaves of lettuce. The bananas and dates may be mixed together or kept separate.

Prune-and-Pecan-Nut Salad

$\frac{1}{2}$ lb. cooked prunes, cut in lengthwise strips	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{4}$ lb. pecan nut meats, cut in three pieces each	2 tablespoonfuls lemon juice
1 cup double cream	1 tablespoonful sherry wine, at discretion
$\frac{1}{2}$ teaspoonful paprika	Heart-leaves of lettuce

Do not overcook the prunes; they should cut in smooth, firm pieces; add salt and paprika to the prunes and nuts. Beat the cream, seasonings, wine if used, and lemon juice until firm throughout. Mix three-fourths of it with the nuts and prunes; set the mixture in rounding spoonfuls on heart-leaves of lettuce; pipe a star of dressing above the salad in each leaf. Serve with bread and butter at luncheon or supper.

Endive-and-Prune Salad

Wipe the blanched leaves of a head of endive and dispose lightly on a salad plate; above set about one-fourth a pound of cooked prunes, cut in smooth quarters, from the stones. Mix together four tablespoonfuls of olive oil, half a teaspoonful of salt, half a teaspoonful of paprika, two tablespoonfuls of lemon juice and two tablespoonfuls of claret wine, and pour over the whole; mix and serve. Lemon or orange juice may replace the claret. For a large head of endive more dressing may be required. Serve with roast meats on chilled plates.

CHAPTER IX

YEAST MIXTURES — BREAD AND ROLLS

Commercial yeast is a collection of yeast plants put into ~~such~~ a condition that their growth is arrested for the time being.

Moist, warm flour presents food under the right conditions for the growth of yeast plants. As the yeast plants grow and multiply, chemical changes take place in the flour, and carbon dioxide and alcohol are evolved. The carbon dioxide lifts up the mass of moist, warm flour and makes it light. If this dough be handled and baked properly, sweet wholesome bread of fine, uniform texture results.

The quantity of liquid taken determines the quantity of bread made, or, in making a loaf of bread, the *size* of the loaf depends on the *quantity* of *liquid* used.

The texture of the bread depends largely on the proportion of flour to the liquid, or the quantity of flour used.

The larger the quantity of yeast used, the shorter, comparatively, the time required for the process.

Make a "sponge" or a thin batter of yeast, liquid and a little flour, for mixtures containing shortening, sugar, eggs, etc.

For ordinary bread made with compressed yeast, mix in all the flour at the beginning. When dry yeast is used, start the bread with a sponge.

Bread is best when the rising process is not hurried; and rolls keep the shapes given them much better if the final rising be not pushed.

In baking, biscuit and rolls call for a quicker heat than bread in loaves.

Rolls and biscuit present a better appearance if glazed just before the baking is completed; white of egg gives a crisp glaze, cornstarch paste a soft exterior.

Recipe for Two Loaves of White Bread

$\frac{1}{8}$ cake compressed yeast (at night)	2 tablespoonfuls shortening
$\frac{1}{2}$ cup water	2 tablespoonfuls sugar
2 cups scalded milk or half milk and half water	1 teaspoonful salt
	About 7 cups flour

To the milk, or milk and water, add the shortening, sugar and salt; when lukewarm, add the yeast mixed with the half cup of liquid and the flour. Use an earthen bowl and mix with a knife. Knead until elastic. Let rise in a temperature of about 75° F. The shelf over the stove is not a suitable place. When doubled in bulk, shape into loaves. When again light, bake about one hour. To mix in the morning, use one whole yeast cake.

Two Loaves Entire Wheat Bread

$\frac{1}{8}$ to 1 whole yeast cake	1 teaspoonful salt
$\frac{1}{2}$ cup lukewarm water	4 tablespoonfuls molasses
2 cups scalded milk or half milk and half water	1 cup white flour
	6 cups (about) whole wheat flour
	2 tablespoonfuls shortening

Mix and finish as white bread. Sugar may be substituted for the molasses. When bread less sweet is preferred, use half the measure of sugar or molasses. For a change, use white flour and whole wheat flour in equal proportions.

Graham Bread

(Mixed in morning)

1 cake compressed yeast	1 teaspoonful salt
$\frac{1}{2}$ cup lukewarm water	$\frac{1}{2}$ cup molasses
$1\frac{1}{4}$ cups scalded and cooled milk	$2\frac{3}{4}$ cups sifted graham flour
2 tablespoonfuls butter	$1\frac{1}{2}$ cups white flour

To the milk add the butter, salt and molasses; when lukewarm, add the yeast mixed with the water and stir in the flour. More flour may be needed. The dough should be quite firm, though not stiff enough to knead. Cover and set aside to become doubled in bulk; cut down and turn into a pan. The pan must be larger than the ordinary brick-loaf pan. When again nearly doubled in bulk bake about one hour.

Rye Meal Bread

1 yeast cake	$\frac{1}{3}$ cup molasses
$\frac{1}{2}$ cup lukewarm water	$1\frac{1}{2}$ cups sifted rye meal
$1\frac{1}{4}$ cups scalded milk	1 cup whole wheat flour
2 tablespoonfuls shortening	$1\frac{1}{2}$ cups white bread flour
1 teaspoonful salt	

Soften the yeast cake in the water. To the milk add the shortening, salt and molasses, and, when lukewarm, stir in the softened yeast, the meal and flour. The mixture should be quite stiff, but not stiff enough to knead. Cover and let stand until light or doubled in bulk; cut down and turn into the pan. Cover and, when again nearly doubled in bulk, bake one hour. This mixture when ready to bake will nearly fill a sandwich-loaf bread pan. Such a pan is ten inches long, four inches wide and three inches deep with straight sides. The pan is usually supplied with a cover, but this should be discarded.

Sweet Rye Bread, with Raisins

$\frac{1}{3}$ to 1 whole yeast cake	$\frac{1}{3}$ cup shortening
$\frac{1}{2}$ cup lukewarm water	1 teaspoonful salt
2 cups scalded milk	1 cup seeded raisins
$\frac{1}{3}$ cup sugar or molasses	3 cups rye flour
	3 cups wheat flour (about)

Soften the yeast in the water. To the milk add the sugar or molasses, shortening, salt and raisins; when lukewarm, add the yeast and the flour and mix to a dough.

Knead until smooth and elastic. Use white flour for kneading. Cover, and when light shape for two brick-loaf pans. When again light bake about one hour.

Raisin Bread

1 cake compressed yeast	$\frac{1}{4}$ cup melted shortening
$\frac{1}{4}$ cup scalded and cooled milk	$\frac{1}{2}$ teaspoonful salt
1 cup scalded and cooled milk	1 egg
$1\frac{3}{4}$ cups bread flour	$\frac{1}{2}$ cup raisins
	About two cups flour
$\frac{1}{4}$ cup sugar	

One-half a teaspoonful or more of cinnamon may be added if desired.

Make a sponge of the yeast, milk and the one cup and three-quarters of flour. When light and puffy add the other ingredients and mix to a soft dough; knead until smooth and elastic; cover and let stand until doubled in bulk.

Do not let stand on the shelf of the range: it is too hot. When light, shape into a loaf, and when again light bake about one hour.

One Loaf Date Bread

1 cup scalded milk	$\frac{1}{2}$ teaspoonful salt
2 tablespoonfuls shortening	$\frac{1}{4}$ cup molasses or sugar
$\frac{1}{2}$ to 1 whole cake compressed yeast	1 cup cleaned dates
$\frac{1}{4}$ cup water or scalded milk (lukewarm)	3 cups whole wheat flour
	White flour for dough

Melt the shortening in the hot milk and add the salt, molasses and dates chopped or cut in large pieces. To mix at night use the small quantity of yeast. Use the whole cake when mixing in the morning. Crumble the yeast cake and mix in the lukewarm liquid, then add to the ingredients in the bowl; add the whole wheat flour and one cup of white flour and mix to a dough, adding meanwhile as much more white flour as is required.

Knead the dough until smooth and elastic. When light shape into a loaf, and when again light bake one hour.

Bran Bread

1 cup milk	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{4}$ cup water	3 tablespoonfuls molasses
1 cake compressed yeast	1 cup entire wheat flour
2 tablespoonfuls butter	Bran as needed for a soft dough

Scald the milk; add the butter, salt and molasses. When lukewarm add the yeast, mixed with the water, the flour and bran as needed to make a soft dough. Do not knead. Let stand, covered, until light; cut down and turn into an ordinary bread pan. When nearly doubled in bulk bake one hour.

Salt-Rising Bread

Into a pint of lukewarm water stir flour to make a drop batter. Let stand in a vessel of lukewarm water, in a warm place, keeping the temperature as nearly 70° F. as possible. When light and foamy, in eight or ten hours, add a quart of lukewarm water, two teaspoonfuls of salt, and flour to make a batter rather stiffer than before. Keep at the temperature of about 70° F., and when again light turn into pans, and when nearly doubled in bulk, bake in an oven of ordinary temperature for bread. One-fourth a cup of corn meal may be stirred into the water with the flour when making the "drop batter." One-fourth a cup of sugar (less if desired) may be added with the salt when mixing the dough.

French Bread

Soften a cake of compressed yeast in one-fourth a cup of boiled water, cooled to a lukewarm temperature, and stir in about three-fourths a cup of flour, enough to make a dough that may be kneaded. Knead until the little ball

of dough is smooth and elastic. Then make a cut across the top in two directions. Have ready a pint of boiled water, cooled to a lukewarm temperature, and into this put the ball of dough. It will sink to the bottom of the dish. In about fifteen minutes it will float upon the water, a light, puffy "sponge." Into this water and sponge stir a teaspoonful of salt and between five and six cups of flour, enough to make a dough stiff enough to knead. Knead or pound the dough until it is smooth and elastic, and does not stick to the hands or board. It will take fifteen or twenty minutes. Cover the dough, and set it aside in a temperature of about 70° F. until it has doubled in bulk. This may be baked in any kind of pan; but, to secure the crusty French loaf, a Russia iron pan, giving long, narrow loaves, is desirable. For one of these pans divide the dough into two equal pieces. Roll, and stretch these under the hands on the board until they are as long as the pan. Have a round stick (like a curtain roller) lightly floured. Press this down through the center, lengthwise of the loaf, and roll it back and forth, to make a furrow. French bread is concave rather than convex on the top, but this shaping may be omitted. Cover, and let stand to become light. Cut three or four slantwise cuts in the top of the bread, five or six inches apart. Bake about forty minutes. When nearly baked, brush over the surface with the white of an egg, beaten and strained, and return to the oven to dry the glaze.

Quick Yeast Rolls

To one cup of scalded milk add one-fourth a cup of butter, half a teaspoonful of salt and a level tablespoonful of sugar; stir till the butter is melted and the liquid is lukewarm, then stir in a cake of compressed yeast mixed with one-fourth a cup of lukewarm water, and as much bread flour as can be conveniently mixed in with a spoon.

The dough should not be mixed stiff enough to knead. Mix, cut and turn the dough over and over with a spoon or knife; cover and set aside to become light. When the dough has doubled in bulk, with buttered fingers pull off bits of the dough and work into smooth balls and set them close together in a buttered pan. When very light bake about twenty-five minutes.

Potato Rolls

1 cake compressed yeast	$\frac{1}{3}$ cup sugar
$\frac{1}{4}$ cup lukewarm water	$\frac{1}{4}$ cup shortening
1 cup scalded milk	$\frac{1}{2}$ teaspoonful salt
Nearly 2 cups flour	2 egg-yolks
1 cup hot mashed potato	About 2 cups flour

Mix the yeast through the water smoothly. Cool the milk, add the yeast and flour for a sponge. Beat very thoroughly, cover and set aside to become light. Add the other ingredients. Mix all together thoroughly with a knife. The dough should be about as stiff as can be stirred, yet not stiff enough to knead. Cut through and through the dough repeatedly; cover and set aside to become doubled in bulk. Turn upon a well-floured board, roll into a sheet one-fourth an inch thick and cut into rounds, brush the rounds with melted butter, double over like a Parker House roll, brush over the tops with butter and let rise. Bake about twenty minutes.

Turkish Rolls

Work one-fourth a cup of almond paste into one cup of boiled water cooled to a lukewarm temperature; add one tablespoonful of butter, one tablespoonful of sugar, half a teaspoonful of salt, one cake of compressed yeast mixed in one-fourth a cup of lukewarm water, and between three and four cups of sifted flour. Mix all together thoroughly and knead to a smooth dough. The dough

should be soft as can be handled. Let stand to double, about, in bulk; shape into oval rolls; when again light, brush over with milk and bake in a hot oven.

Hot Cross Buns

1 cake compressed yeast	1 teaspoonful salt
$\frac{1}{2}$ cup lukewarm water	3 egg-yolks
2 cups scalded milk	$\frac{1}{8}$ cup melted butter
3 cups flour (about)	Flour for soft dough
$\frac{1}{2}$ cup sugar	Ornamental icing

Make a sponge of the first four ingredients; when light add the others save the frosting. The dough should be stiff enough to knead. When again light, turn upside down on a board very lightly dredged with flour, roll into a sheet and cut into rounds. Set the rounds close together or some distance apart (according as to whether a soft or crusty exterior be desired). Bake about half an hour. When baked, brush over the surface with white of egg, or a teaspoonful of cornstarch smoothed in cold water and cooked with boiling water to a paste, and return to the oven to dry the glaze. Remove to a wire cooler, and with ornamental frosting pipe a cross upon the top of each bun.

Brookline Biscuit

Have a pint of sifted flour in a bowl; into this rub two level tablespoonfuls of butter. Scald one cup of milk, and when lukewarm add one-fourth a cake of compressed yeast dissolved in one-fourth a cup of lukewarm water. Stir this into the flour, and set to rise over night. In the morning work in sufficient flour to make a dough, and knead it until it is elastic and does not stick to the fingers. Let rise until very light; then take from the bowl to the bread board, without working, and roll out into a rectangular sheet longer than it is wide and half an inch thick. Spread softened butter upon this

and fold the dough evenly, to have three layers. With a sharp knife, dipped in flour, cut the dough into strips three-fourths an inch wide. Take hold of a strip at the ends, pull gently, to lengthen it, then twist the ends in opposite directions and form the shape of the figure eight, joining the two ends underneath. Place the biscuits in buttered pans so that they will not touch, and when light bake in a rather hot oven to a delicate brown. The recipe makes two dozen biscuits.

Soufflé Luncheon Rolls

1 cup scalded milk	1 egg beaten light
2 tablespoonfuls butter	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cake compressed yeast	1 teaspoonful sugar
$\frac{1}{4}$ cup lukewarm liquid	$1\frac{7}{8}$ cups flour

Melt the butter in the milk; add the sugar and salt and when lukewarm the yeast, with the lukewarm liquid, the egg and flour. Beat about ten minutes. The mixture should be rather thicker than a drop batter, but not as stiff as a dough. Cover and set aside to become light. Cut down and use in filling muffin pans to rather more than half their height; when the batter fills the pans, bake in a hot oven about twenty minutes. Brush over the top of the rolls with a teaspoonful of cornstarch, smoothed in cold water and heated to boiling in a half cup of boiling water; return to the oven to dry off. If there be time, the rolls will be improved if the batter be cut down and allowed to rise once or twice before it is put into the pans.

Philadelphia Butter Buns

1 cake compressed yeast	$\frac{1}{4}$ cup butter, melted
$\frac{1}{4}$ cup water	2 egg-yolks
1 cup scalded milk	$\frac{1}{2}$ teaspoonful salt
$1\frac{1}{2}$ cups bread flour	Grated rind 1 lemon
$\frac{1}{4}$ cup sugar	Flour for dough

Make a sponge of the first four ingredients; when light add the others; about two cups of flour will be required. Knead until smooth and elastic. Cover close and set aside to become doubled in bulk. Turn upside down on a board, roll into a rectangular sheet, spread with softened butter, dredge with sugar and cinnamon, sprinkle with currants and roll as a jelly roll. Cut into pieces about an inch and a quarter long. The dough will make sixteen buns. Butter well the bottom of a pan of the proper size and dredge generously with brown sugar; set the buns on the sugar and let become light. Bake in a moderate oven. Turn upside down. The sugar and butter should glaze the bottom of the buns. Serve with coffee or cocoa. These are good reheated. Three or four tablespoonfuls of butter and a generous half cup of sugar are none too much on the pan.

Bismarck Rings

1 cake compressed yeast	3 egg-yolks or
$\frac{1}{4}$ cup water or milk (scalded)	1 egg and 1 yolk
1 cup scalded milk	$\frac{1}{4}$ cup sugar
$1\frac{1}{2}$ cups flour (about)	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{4}$ cup melted shortening	Flour for dough

Make a sponge of the first four ingredients; when light, add the other ingredients and mix to a soft dough. Knead until smooth and elastic. Cover and set aside (out of drafts) to become double in bulk. When light, divide into about eighteen pieces of the same size; shape these into balls; dispose on the kneading board, cover with one or more earthen mixing bowls and let stand to become very light. Roll each ball into a rectangular sheet about one-fourth an inch thick; as soon as one is rolled spread it with almond cream, then roll like a jelly roll. Join the ends securely, to form a ring on the pan. Let stand again to become very light. Brush over with the yolk of an egg, beaten and mixed with one or two table-



KUGELHOPF KUCHEN SLICED AND TOASTED. *Page 137*



KUGELHOPF KUCHEN READY TO SHAPE. *Page 137*



POP OVERS. *Page 139*



FRUIT-AND-NUT CHRISTMAS CAKES. *Page 157*

spoonfuls of milk. Slash each roll in several places. Bake about twenty-five minutes. Serve hot with coffee or cocoa. These are good reheated in a paper bag such as is used for cooking.

Almond Cream Filling

Beat one-fourth a cup of butter to a cream; gradually beat in two ounces (one-fourth cup) of almond paste, then one-fourth a cup of sugar and one egg or two yolks and use to spread the Bismarck Rings.

Kugelhof Kuchen

(For afternoon tea)

1 lb. (4 cups) flour	1 cake compressed yeast
10 ounces ($1\frac{1}{4}$ cups) butter	3 tablespoonfuls lukewarm water
2 tablespoonfuls sugar	7 eggs
$\frac{1}{4}$ teaspoonful salt	1 cup large raisins (seeded)

Soften the yeast in the water, mix thoroughly, and stir in enough of the flour to make a soft dough. Knead the little ball of dough; with a knife slash across it in opposite directions and drop it into a small saucepan of lukewarm water. Put the rest of the flour, the salt, sugar and butter softened and broken into bits, into a mixing bowl; add four of the eggs and with the hand work the whole to a smooth consistency; then add the rest of the eggs, one at a time, and continue beating each time until the paste is smooth. When the little ball of sponge has become very light, at least twice its original size, remove it with a skimmer to the egg mixture, add the raisins, and work the whole together. Let stand to become double in bulk. Cut down and set aside in an ice chest over night. Shape on a board either into a loaf or buns. When again light and puffy bake in a quick oven. Cut the cake into thick slices.

Toast these over a quick fire, being careful (by not

moving the cake while toasting) to retain the lines of the toaster. Spread with butter, sprinkle with sugar and cinnamon mixed, and serve at once on a hot napkin.

Wellesley Toast

Cut fresh-baked bread into even slices; toast, then spread with butter and dredge quite thick with sugar and cinnamon, mixed together. Serve at once with tea or with cocoa.

CHAPTER X

QUICK HOT BREADS

Use no sour milk, molasses or lemon juice in mixtures lightened with baking powder or bicarbonate of soda and cream of tartar, unless such acid be first neutralized with soda.

Quick hot breads in which butter and sugar are used may be mixed as cakes.

If the quantity of butter be small, — less than one half the measure of sugar, — add the sugar with the dry ingredients; melt the butter and add it to the mixture at the last.

An iron pan, made hot beforehand, is the best article in which to bake popovers or muffins.

Whole Wheat Popovers

1 cup whole wheat flour	$\frac{1}{2}$ teaspoonful salt
1 cup white flour	2 cups milk
2 eggs	

Beat the eggs light without separating, add the milk; beat in the flour and salt gradually, using the egg beater. Pour into hot, well buttered cups. Bake about forty-five minutes.

Baking Powder Biscuits

2 cups pastry flour	$\frac{1}{2}$ teaspoonful salt
4 level teaspoonfuls baking powder	2 to 4 tablespoonfuls shortening
	$\frac{1}{2}$ to $\frac{3}{8}$ cup milk or water

Pass the dry ingredients together through a sieve two or three times; work in the shortening with two

knives; add the liquid, a little at a time, mixing it in meanwhile with a knife. The dough should be as soft as can be handled. Turn the dough on to a floured board, turn it with the knife to coat with flour, then knead slightly; pat with the rolling pin, and roll into a sheet about three-fourths of an inch thick; cut into rounds; bake from fifteen to twenty minutes. Brush the top of the biscuit with melted butter before baking to insure a rich colored crust.

Sour Cream Biscuit

To each cup of thick, sour cream, milk or buttermilk beat in half a scant level teaspoonful of soda, then use as sweet milk, cutting down the quantity of baking powder a little. With cream use but little shortening. One to four tablespoonfuls, according to the richness of the product, will be needed with sour milk or buttermilk.

Maple-Sugar-and-Nut Biscuit

3 cups pastry flour	$\frac{1}{3}$ to $\frac{1}{2}$ cup shortening
3 slightly rounding teaspoon-	Milk as needed
fuls baking powder	$\frac{2}{3}$ cup nut meats, broken in pieces
$\frac{3}{4}$ teaspoonful salt	$\frac{2}{3}$ cup shaved maple sugar

Sift together the flour, baking powder and salt. With two knives cut in the shortening; add milk, a little at a time, and mix to a dough; turn on to a floured board; toss the dough in the flour; knead slightly and roll into a rectangular sheet much longer than wide. The sheet of dough should be less than half an inch thick. Spread the sheet of dough with melted butter, sprinkle on the nuts and the sugar; roll like a jelly roll; make the roll long rather than thick; cut in pieces an inch and a half long. Set these on end, close together, in a buttered pan. Bake about twenty minutes. Serve hot with butter for tea or luncheon.

Blueberry Muffins

2 cups white flour	1 egg beaten light
2 rounding teaspoonfuls baking powder	3 tablespoonfuls melted butter
$\frac{1}{2}$ teaspoonful salt	About $\frac{3}{4}$ cup milk
	1 cup blueberries
	$\frac{1}{4}$ cup sugar

Sift together the dry ingredients (the sugar may be omitted). Add the egg with the milk (a little more milk may be needed), mix to a dough, stir in the berries. Bake in a hot, buttered muffin pan about twenty-five minutes.

Cornmeal Muffins

3 tablespoonfuls butter	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup cornmeal
1 egg and 1 yolk	3 teaspoonfuls baking powder
$\frac{3}{4}$ cup milk	$\frac{1}{4}$ teaspoonful salt

Mix in the same manner as a cake. Bake in a hot well-buttered muffin pan (iron) about twenty-five minutes.

Southern Corn Bread

1 cup white cornmeal	1 egg, beaten light
$\frac{1}{2}$ teaspoonful salt	1 quart sweet milk
2 teaspoonfuls baking powder	2 tablespoonfuls butter

Sift together the dry ingredients, stir in the egg and milk. Turn into a well buttered baking dish suitable for the table; add the butter cut in bits. Bake about half an hour. Stir often until the bread begins to thicken. Serve with a spoon and from the dish.

Graham Muffins

1 cup graham flour	4 level teaspoonfuls baking powder
1 cup white flour	1 egg
$\frac{1}{4}$ cup sugar	1 cup milk (about)
$\frac{1}{2}$ teaspoonful salt	3 to 4 tablespoonfuls melted butter

Sift together the dry ingredients; beat the egg, add the milk and the butter and stir into the dry ingredients.

Bake in a hot, well buttered muffin pan about twenty-five minutes.

Bran Muffins

2 cups bran	3 tablespoonfuls butter
1 cup entire wheat flour	$\frac{1}{4}$ cup molasses
3 teaspoonfuls baking powder	$1\frac{1}{2}$ cups thick sour milk
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ level teaspoonful soda
1 egg	

Sift together the flour, baking powder and salt and add the bran. Stir the soda into the sour milk and molasses, add the egg, beaten light, then stir into the dry ingredients; add the butter, melted. Bake in a hot, well buttered muffin pan about twenty-five minutes.

German Apple Cake, Revised

2 cups flour	3 apples	
$\frac{1}{2}$ teaspoonful salt	3 tablespoonfuls currants	
4 level teaspoonfuls baking powder	2 tablespoonfuls butter	} custard
$\frac{1}{4}$ cup butter	3 tablespoonfuls sugar	
1 egg	1 egg, well beaten	
1 cup milk	$\frac{1}{2}$ cup milk	

Sift together the dry ingredients, and work in the butter. Beat the egg, add the milk and stir into the dry ingredients. Turn the mixture into a buttered pan. Pare, quarter and core the apples; cut the prepared quarters in slices and press them, core side downwards, into the top of the dough, making two rows lengthwise of the cake; sprinkle with the currants and dredge with granulated sugar. Let bake about eighteen minutes, or until nearly done; without moving the cake in the oven, pour over a custard mixture and continue the baking until done. Serve hot at breakfast, luncheon or supper, or as a hearty dessert at dinner. To make the custard, cream the butter, beat in the sugar, then the egg and milk.

Griddle Cakes with Sour Milk

1 $\frac{1}{4}$ cups flour	$\frac{1}{4}$ teaspoonful soda
$\frac{1}{4}$ teaspoonful salt	1 egg
2 teaspoonfuls baking powder	2 tablespoonfuls melted butter
1 cup thick sour milk	

Sift together the flour, salt and baking powder; stir the soda into the milk; add the egg, beaten very light, and the melted butter, and stir into the dry ingredients. If the sour milk be rich and creamy, the butter may be omitted. Set by spoonfuls on a hot, well oiled griddle; when bubbles appear throughout and the cake is well browned on the bottom, turn to brown the other side. Do not turn the cakes but once.

Sour Cream Griddle Cakes

1 cup sour cream or buttermilk	1 level teaspoonful baking powder
$\frac{1}{2}$ teaspoonful (scant) soda	$\frac{1}{2}$ teaspoonful salt
2 egg-yolks	2 egg-whites, beaten dry
1 cup flour	

Sour Cream Waffles

Same as above, with the addition of two or three tablespoonfuls of melted butter.

Bread Crumb Griddlecakes

Soak two cups of bread crumbs in cold water, turn into a cloth and wring out the water; add two cups of thick, sour milk and one cup of flour. Let stand over night; then add one egg, beaten very light, half a teaspoonful of salt, one teaspoonful of soda dissolved in one or two tablespoonfuls of cold water, and two tablespoonfuls of flour sifted with two teaspoonfuls of baking powder. Mix thoroughly. A little more flour may be needed.

In cool weather the crumbs may stand over night in the sour milk. Make smooth with a spoon, then add the other ingredients.

CHAPTER XI

CAKE AND FROSTING

Let all ingredients be choice.

Pastry flour is preferable to bread flour. Measure after sifting once; add the leavening ingredients and sift again.

Fine granulated sugar, unless some other variety is specified, is indicated in all the recipes.

Have all ingredients at hand, measured, and pans ready, before beginning to mix the cake.

Sponge cakes, proper, are made without leavening ingredients or butter; lightness is secured by the introduction of air into eggs by beating, and the expansion of this air in the oven. In order to retain the air great care must be used in the mixing.

Never beat a sponge cake mixture after the sugar is beaten into the yolks; *fold* in the egg-whites, beaten dry, and the flour.

To fold in the flour and whites, cut down through the ingredients with a slitted spoon and turn them over and over gently; repeat until all are evenly blended.

To mix a butter cake beat the butter to a cream (until smooth throughout and whitish on the edges), beat in the sugar gradually, the yolks beaten light if used, then, alternately, the milk and the flour with the leavening ingredients, and, lastly, the whites beaten dry.

If the quantity of sugar be more than twice the quantity of butter, beat this excess of sugar into the beaten yolks, then beat the two into the butter and sugar.

Beat a butter-cake mixture thoroughly after the addition of the whites of egg, beaten dry; this, other conditions being right, will give a fine-grained cake.

To bake cake, divide the time indicated for baking into quarters. The mixture should simply rise in the first quarter; brown in spots in the second quarter; brown all over in the third quarter; settle a little and shrink from the sides of the pan in the fourth or last quarter.

Confectioner's sugar, sifted and mixed into sugar syrup, cream, milk, fruit juice or water (hot or cold), makes a good, simple frosting, but boiled frosting tastes the best.

Boiled frosting may be lightened by the use of egg-whites, beaten dry. The usual proportions are three-fourths a cup of sugar (with water to dissolve) to each white of egg, beaten dry.

The syrup for boiled frosting is usually cooked to the soft-ball degree. This degree is indicated at from about 238° to 242° F., and the final consistency of the frosting depends largely upon the actual degree reached in the boiling; thus for uniformity in the finished product a sugar thermometer is most valuable.

If, when completed, a boiled frosting is too thin and runs from a cake, return the frosting to the fire in a saucepan on an asbestos mat or in a double boiler, and beat constantly and thoroughly while the mixture thickens.

If a frosting has been cooked too long, add a little lemon juice.

Sponge Cake

5 egg-yolks	2 tablespoonfuls lemon juice
1 cup sugar	1 cup flour
Grated rind 1 lemon	5 egg-whites

Beat the yolks until light colored and thick; gradually beat in the sugar; add the lemon rind and juice; then cut

and fold in the whites of eggs, beaten dry, and the flour. Bake in a tube pan about fifty minutes. Half a cup of potato flour may be used in place of the whole cup of wheat flour. Potato flour gives a tender sponge cake.

Angel Cake, Fryeburg Recipe

Beat the whites of eight eggs until foamy; add half a teaspoonful of cream of tartar and beat until dry, then gradually beat in one cup and a half of sugar and one teaspoonful of vanilla, then fold in one cup of pastry flour measured after sifting. Bake in a tube pan about forty-five minutes.

Almond Biscuit

Beat the yolks of three eggs very light; gradually beat in half a cup of granulated sugar, the grated rind of half a lemon, half a cup of sifted pastry flour, and, lastly, the whites of three eggs, beaten dry, with one-eighth a teaspoonful of cream of tartar. Turn into small buttered tins, preferably such as are longer than the width; set half a blanched almond in the top of the mixture at each end, dredge with granulated sugar, and bake in an oven hotter than for a loaf of sponge cake.

Marguerites

Bake sponge cake mixture in small round tins, or bake in a thin sheet and stamp into rounds with a small tin cutter. Blanch some almonds, split them, cut the halves in strips of uniform thickness and let brown delicately in the oven. Spread the rounds of cake with confectioner's frosting, and dispose the shreds of almond on the frosting to simulate the petals of a daisy. Finish each center with a yellow candy or a drop of frosting. For the frosting stir a tablespoonful or more of boiling water into sifted confectioner's sugar to make a paste

that will remain in place. Add a few drops of vanilla or other flavor.

Lady Fingers

Beat the whites of three eggs dry and the yolks thick; into the yolks beat half a cup of sugar and a grating of lemon rind; fold in half of the whites, half a cup and one tablespoonful, extra, of flour, then the rest of the whites. Line a pan with paper; on the paper shape the mixture in portions an inch wide and about five inches long; dredge with sugar. Bake about ten minutes.

Maple Syrup Cake

$\frac{2}{3}$ cup butter	3 cups flour
$1\frac{1}{4}$ cups sugar	4 level teaspoonfuls baking powder
$1\frac{1}{2}$ tablespoonfuls maple syrup	$\frac{2}{3}$ cup water
3 eggs, beaten without separating	

Mix in the usual manner and in the order given. Bake in a sheet in a large pan. Cover with

Maple Syrup Frosting

$1\frac{3}{4}$ cups maple syrup	$\frac{3}{4}$ cup nut meats, in pieces
1 or 2 egg-whites	

Cook the syrup to 240° F. on the sugar thermometer. Pour in a fine stream on to the white of egg, beaten dry, beating constantly meanwhile. Return the frosting in a saucepan to the fire on an asbestos mat or over hot water; beat slowly and constantly until the frosting thickens a little; add the nut meats; spread upon the cake and draw the spoon across it, back and forth, from end to end with a waving motion.

Cream Pie

Beat one-third a cup of butter to a cream; gradually beat in one cup of sugar; add two eggs, beaten light, half a cup of milk and one cup and a half of sifted pastry flour,

sifted again with half a level teaspoonful of soda and one slightly rounding teaspoonful of cream of tartar. Bake in two layer-cake pans; put the layers together with an English cream filling. Sprinkle the top layer with sifted confectioner's sugar or spread with confectioner's frosting.

English Cream Filling

Scald one cup of milk over hot water; stir one-third a cup of flour with one-third a cup of cold milk to a smooth paste, then cook in the hot milk, stirring until the mixture thickens; cover and let cook fifteen minutes. Beat one egg; add one-half cup (scant) of sugar and beat again; add also one-fourth a teaspoonful of salt and stir into the hot mixture. Continue to stir until the egg is set. When cool add half a teaspoonful of vanilla.

Confectioner's Chocolate Frosting

Melt one ounce of chocolate; add two tablespoonfuls of sugar and three tablespoonfuls of boiling water and cook till smooth. Add a little more water if necessary; then stir in sifted confectioner's sugar as needed. For a change, stir sifted confectioner's sugar into a tablespoonful of lemon juice mixed with several tablespoonfuls of strawberry or raspberry juice.

Omit chocolate with fruit juice.

Mrs. Cornelius' Park Street Cake

$\frac{1}{2}$ cup butter	1 cup milk
1 cup sugar	3 cups flour
1 cup currants	1 teaspoonful soda
4 egg-yolks	2 teaspoonfuls cream of tartar
1 cup sugar	(slightly rounding)
1 teaspoonful lemon extract	$\frac{1}{2}$ teaspoonful mace
	4 egg-whites

Beat the butter to a cream; gradually beat in the first cup of sugar, then the currants. Beat the yolks very

light, beat in the second cup of sugar and beat the two mixtures together. Sift together the flour, soda, cream of tartar and mace; add these to the first mixture alternately with the milk; then beat in the whites of eggs beaten dry. Bake in two brick-loaf bread pans. Sift granulated sugar over the top of the dough in the pans. Bake from one hour to one hour and a half.

Spanish Cake

1 cup butter	6 level teaspoonfuls baking powder
2 cups sugar	2 teaspoonfuls cinnamon
4 yolks of eggs	1 teaspoonful, each, cloves and
1 cup milk	mace
3½ cups sifted flour	4 whites of eggs

Mix in the usual manner. Bake in layers and put together with boiled icing; or, bake in a sheet, in a small dripping pan, after sprinkling the top with currants or chopped nuts and granulated sugar. The fruit or nuts sink into the cake and the sugar gives a crusty exterior, which answers for an icing.

Bride's Cake

½ cup butter	2½ cups flour
1½ cups sugar	1 level teaspoonful baking powder
½ cup milk	4 egg-whites
Grated rind of 1 lemon	

Bake in a tube pan, cover with confectioner's frosting, decorate with ornamental frosting and a confectioner's or bisque cupid.

Ornamental Frosting

1 cup sugar	1 egg-white
½ cup boiling water	1 teaspoonful lemon juice

Melt the sugar in the water; wash down the sides of the saucepan; cover and let boil three minutes; uncover and let boil, undisturbed, to 238° F. Pour in a very fine

stream through a small sieve on to the white of egg, half beaten, beating constantly meanwhile. Continue the beating until the frosting begins to cool, then beat in the lemon juice. This frosting may be used for fine or coarse piping. Keep the frosting in the bowl covered with a damp cloth while using the tubes.

White Cake, Chocolate Frosting

$\frac{1}{2}$ cup butter
1 cup sugar
 $\frac{1}{2}$ cup milk

3 egg-whites
2 cups flour
3 teaspoonfuls baking powder

Frosting

2 ounces chocolate
 $1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup milk

2 egg-whites
 $\frac{1}{2}$ teaspoonful vanilla

Bake the cake in two pans. Put the layers together and cover the whole cake with the frosting. Halves of English walnut meats may be pressed into the frosting at regular intervals if desired. To make the frosting, melt the chocolate over hot water, add three tablespoonfuls of the sugar and three or four tablespoonfuls of the milk and stir and cook until smooth and boiling; then add the rest of the sugar and milk and cook to 240° F. Finish as all boiled frostings. As the starch in the chocolate "breaks the grain" of the sugar a chocolate frosting may be stirred enough to keep it from burning.

Nut Cake, Chocolate Frosting

$\frac{1}{2}$ cup butter
 $1\frac{1}{2}$ cups sugar
 $\frac{3}{4}$ cup milk
2 cups flour

2 teaspoonfuls baking powder
1 cup nut meats, chopped
4 egg-whites

Mix in the usual manner. Bake in a sheet between thirty and forty minutes. When cold, cover with chocolate frosting and decorate with halves of nut meats.

Orange Cake

Beat one-fourth a cup of butter to a cream; gradually beat in half a cup of sugar; beat two eggs, without separating the whites and yolks; beat in half a cup of sugar, and then beat the whole into the butter mixture; add the grated rind and juice of half an orange, half a cup of milk and one cup and three-fourths of sifted flour, sifted again with three level teaspoonfuls of baking powder. Bake in two layers; put the layers together with orange filling and sift confectioner's sugar over the top.

Orange Filling

Beat one egg, add one cup of sugar, two tablespoonfuls of butter and the grated rind and juice of one orange; stir and cook over boiling water until the mixture is thick and smooth.

Cocoanut Cake with Lilac Decoration

Cream half a cup of butter; gradually beat in one cup of granulated sugar, then beat in, one after another without previously beating, three whole eggs. Add, alternately, half a cup of milk and one cup and three-fourths of sifted flour, sifted again with two slightly rounding teaspoonfuls of baking powder. Lastly, beat in one cup of grated cocoanut. Bake in a tube pan about forty-five minutes. Cover with confectioner's frosting and decorate with candied lilacs, put on to represent lilac blossoms with strips of angelica for stems.

Graham Cracker Cake

$\frac{1}{2}$ cup butter
1 cup sugar
3 egg-yolks
 $1\frac{1}{2}$ cups sweet milk

1 pound graham crackers
2 slightly rounding teaspoonfuls
baking powder
3 egg-whites, beaten dry

Mix the cake in the usual manner. The crackers should be bought in bulk to get full weight. Roll and pass through a fine sieve. Repeat the rolling if necessary. Sift the baking powder into the crumbs and mix thoroughly. Bake in three layer-cake pans. Put the layers together with Mocha frosting. Spread Mocha frosting lightly over the top and sides; then use a pastry bag and small five-pointed tube in piping the rest of the frosting over the cake.

Mocha Frosting

Beat half a pound of butter to a cream; gradually beat in two cups and a half of sifted confectioner's sugar and a scant quarter a cup of very strong black coffee.

German Brod Torte

Pass through a sieve, ricer or vegetable press enough cold, boiled potatoes to fill a cup twice. Chop, fine, enough blanched almonds to fill a cup. Sift together, three times, two cups of flour, two level teaspoonfuls of baking powder, a scant half teaspoonful of salt, one teaspoonful of cinnamon and half a teaspoonful of cloves. Cream one cup of butter; gradually beat in two cups of sugar and one cup of grated chocolate (preferably sweet), then the beaten yolks of four eggs, three-fourths a cup of milk, the potato, the flour mixture, the almonds, and, lastly, the whites of four eggs beaten dry. Bake in a large tube pan in a moderate oven about forty-five minutes. When cold, spread with

Chocolate Fudge Frosting

Melt two ounces of chocolate over hot water; add two cups of sugar and one cup of milk, and stir while gradually heating. Beat vigorously when the boiling point is reached,

then let cook to the soft-ball stage. Remove from the fire, add a teaspoonful of butter, and let stand until cold, then beat until creamy and spread on the cake. When of the consistency of thick molasses the icing is ready to use. Properly made, this frosting remains soft and creamy. The cake is always light, moist and rich.

Date Loaf Cake

1 lb. stoned dates	2 rounding teaspoonfuls baking
1 lb. nut meats	powder
1 cup pastry flour	1 cup granulated sugar
$\frac{1}{2}$ teaspoonful salt	4 eggs
	1 teaspoonful vanilla

The weight of the dates after stoning is required. English walnut meats are particularly good for this cake, but any variety of nut meats may be used. Leave the dates and nut meats whole; sift over them the flour, salt and baking powder sifted together two or three times. Mix thoroughly; add the sugar and mix again. Beat the whites of the eggs dry and the yolks till thick. Mix the yolks evenly through the other ingredients, then mix in the whites and the extract. Bake one hour in two bread pans lined neatly with paper. The heat of the oven should be moderate.

One-Egg Chocolate Cake

Beat half a cup of butter to a cream; gradually beat in one cup of sugar, then one egg beaten light. Sift together two cups of sifted flour, half a teaspoonful of soda, one teaspoonful of cream of tartar, two level teaspoonfuls of cinnamon, a level teaspoonful, each, of clove and allspice and one-fourth a nutmeg, grated; add this mixture to the first, alternately, with one cup of sweet milk. Bake in a sheet and cover or not with frosting.

Frosting for One-Egg Cake

Stir one cup of sugar, two squares of chocolate, half a cup of water and a tablespoonful of butter over a slow fire until the sugar and chocolate are melted; let boil twenty minutes; beat until cool; add a teaspoonful of vanilla; beat again and spread on the cake.

Devil's Food

{	$\frac{1}{2}$ cake chocolate	2 egg-yolks
	1 cup brown sugar	$\frac{1}{2}$ cup milk
	2 egg-yolks	1 teaspoonful soda
	$\frac{1}{2}$ cup milk	2 cups flour
	$\frac{1}{2}$ cup butter	2 egg-whites
	1 cup brown sugar	

Melt the chocolate in a double boiler, add the other ingredients in the bracket, and stir and cook over hot water until the mixture thickens; let cool, and add to the cake mixture just before it is turned into the baking pan.

Prepare the cake mixture in the usual manner, adding the whites of eggs, beaten dry, at the last; then add the cooked mixture, and beat the whole thoroughly. Sift the soda before measuring, then sift with the flour. Bake in a sheet. Cover with a boiled frosting made of a cup and a half of sugar and the two egg-whites left over from the custard part of the cake. Half a teaspoonful of cinnamon and one-fourth a teaspoonful of cloves may be added with the flour. Flavor the frosting with half a teaspoonful of vanilla.

Chocolate Cake

Beat half a cup of butter to a cream; gradually beat in half a cup of granulated sugar and half a cup of sifted brown sugar; then add one ounce of melted chocolate, the beaten yolks of two eggs, half a cup of molasses, one-fourth a cup of cream, one-fourth a cup of milk, two cups

of flour with half a teaspoonful of soda, half a teaspoonful, each, of cinnamon and mace and one-fourth a teaspoonful of cloves. Lastly, beat in the whites of two eggs beaten dry. Bake in a sheet about twenty-five minutes. Cover with marshmallow frosting.

Marshmallow Frosting

Cook one cup and a half of brown sugar, one-fourth a cup, each, of butter and boiling water until it forms a soft ball when tested in cold water. Melt half a pound of marshmallows over boiling water; add to the first mixture and beat until thick enough to spread over the cake. Just before spreading add half a teaspoonful of vanilla.

Chocolate Cream Cake (Mrs. Vermaas)

Beat one-fourth a cup of butter to a cream and the yolks of two eggs until thick. Then gradually beat half a cup of sugar into each, and combine the two mixtures. Add four ounces of chocolate melted over hot water; then, alternately, half a cup of milk and one cup and a half of sifted flour, sifted again with two level teaspoonfuls of baking powder. Lastly, beat in the whites of two eggs beaten dry and a teaspoonful of vanilla extract. Bake in two layers about eighteen minutes. Put the layers together with the following icing. Spread the same icing over the top.

Cream Icing for Chocolate Cream Cake

Set two cups of granulated sugar, one tablespoonful of butter, and two-thirds a cup of rich milk into a saucepan of boiling water, and stir occasionally until melted. Then set over the fire, and stir constantly while boiling from four to six minutes. The mixture should boil at once, or the time cannot be judged accurately. When

thick as cream, remove from the fire and beat until cool enough to spread. Flavor with a teaspoonful of vanilla extract. The icing should be perfectly smooth, and cover the two layers to the depth of one-fourth an inch.

Chocolate Fudge Cake (A. E. K.)

Beat half a cup of butter to a cream; gradually beat in one cup of sugar, then two squares of chocolate, grated, the yolks of two eggs beaten light, one cup of sifted flour, less two tablespoonfuls, one teaspoonful of vanilla, the whites of two eggs, beaten dry, and one cup of pecan nut meats. Bake in a pan lined with a buttered paper. The pan should be nine and one-half by five and one-half inches, or its equivalent. Cut the cake in cubes. The cubes should be the size of caramels. The cake may be cut when hot or cold.

Chocolate Nougat Cake

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ cups sugar	$1\frac{3}{4}$ cups flour
4 ounces (squares) chocolate	3 level teaspoonfuls baking powder
3 teaspoonfuls boiling water	Boiled frosting
2 tablespoonfuls sugar	$\frac{1}{4}$ lb. blanched almonds
	3 eggs

Cream the butter and beat in the sugar. Melt the chocolate over hot water, add the small measure of water and sugar and stir over the fire until smooth; then gradually beat the mixture into the butter and sugar; add the eggs beaten light without separating the whites and yolks, and, alternately, the milk and flour with the baking powder. Bake in layers or in one large sheet. Add the almonds, sliced, to the frosting.

Plain Boiled Frosting

$\frac{3}{4}$ cup sugar	1 egg-white
$\frac{1}{3}$ cup boiling water	Few drops lemon juice, or grated rind $\frac{1}{2}$ lemon

Melt the sugar in the water over the fire, and wash down the grains of sugar with the tips of the fingers wet repeatedly in cold water; cover the saucepan and let boil three minutes (to dissolve grains of sugar); uncover, and let boil to 238° F. Pour the syrup very slowly and in a fine stream on the egg-white beaten dry, beating constantly meanwhile; remove the beater and beat occasionally until cool and thick enough to remain in place. The cake should be cold or nearly so when the frosting is set in place.

Little Fruit-and-Nut Christmas Cakes

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
1 cup sugar	$1\frac{3}{4}$ cups flour
$\frac{1}{2}$ chopped nuts	$2\frac{1}{2}$ level teaspoonfuls baking powder
$\frac{1}{2}$ chopped raisins	Frosting, small red candies,
2 eggs, beaten light	chopped pistachio nuts, candles

Mix in the usual manner but without separating the whites and yolks of the eggs. Bake in small tins. Select tiny candles and candle holders; they may be bought in boxes holding two dozen.

Little Pound Cakes

$\frac{1}{3}$ cup butter	$\frac{3}{4}$ cup sifted flour
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoonful baking powder (level)
2 egg-yolks	$\frac{1}{4}$ teaspoonful mace
$\frac{1}{2}$ tablespoonful brandy or milk	2 egg-whites, beaten dry

Dispose in tiny tins; bake in a quick oven. The mixture need not be spread in the tins; it is rich and the heat will cause it to run and fill the shapes. Spread a little confectioner's frosting on the center of each and decorate with a bit of candied cherry.

Blitzen Kuchen

$\frac{1}{2}$ cup butter (scant)	1 cup flour
1 cup sugar	3 egg-whites, beaten dry
3 egg-yolks	Blanched almonds

Mix in the usual manner. Spread on well buttered pans to the depth of half an inch; sprinkle with the almonds cut in lengthwise shreds. When baked and cold cut into small squares or other shapes.

Drop Cookies

2 tablespoonfuls butter
 $\frac{1}{2}$ cup sugar
 1 egg, well beaten

2 tablespoonfuls milk
 1 cup flour
 2 teaspoonfuls baking powder

Cream the butter, beat in the sugar, egg, milk and flour with baking powder in the order given. Drop by small teaspoonfuls on a buttered pan; set a pecan nut meat above, and dredge with sugar; bake in a quick oven.

Quick Cookies

1 cup butter (scant)
 1 cup sugar

2 teaspoonfuls baking powder
 2 eggs, well beaten
 2 cups flour

Mix the butter, sugar and flour with baking powder with the hand, as in making pastry; add the eggs and stir to a dough. Knead on a floured board; roll into a thin sheet; cut into small cakes; set in to a buttered pan; brush over with beaten egg (white, yolk or whole egg); dredge with sugar; bake in a quick oven.

Honey Cakes

$\frac{1}{4}$ cup butter
 1 cup strained honey
 1 tablespoonful lemon juice
 Grated rind 1 lemon

2 oz. sweet almonds
 $\frac{1}{4}$ teaspoonful mace
 $\frac{1}{2}$ teaspoonful soda
 $2\frac{1}{2}$ cups flour

Melt the butter, add the honey, the almonds, blanched and chopped, and the other ingredients. Mix thoroughly, then set aside, covered, in a cool place over night. Roll into a sheet half an inch thick; cut into squares; bake in a moderate oven. When baked brush over the tops of the cakes with a syrup made of a cup of sugar and half

a cup of water. Boil about five minutes, then beat until it begins to turn white, then use quickly. If it becomes too thick to spread, add a little hot water and let boil again.

Oatmeal Drop Cookies

$\frac{3}{4}$ cup butter	1 teaspoonful soda
1 cup light brown sugar	$\frac{1}{2}$ teaspoonful cinnamon
2 eggs, beaten light	$\frac{1}{4}$ teaspoonful cloves
4 tablespoonfuls sweet milk	1 cup raisins, chopped
2 cups rolled oats	$\frac{1}{2}$ cup nut meats, chopped
	1 cup flour

Drop the mixture from a spoon on to a buttered baking sheet. If the mixture spreads too much in baking, add more flour.

Walnut Cookies

1 cup butter	$\frac{1}{4}$ teaspoonful salt
$1\frac{1}{2}$ cups sugar	2 cups nut meats
3 eggs, well beaten	$1\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cups flour	Whole nut meats
	1 teaspoonful soda

Mix in the usual manner, adding the first measure of flour with the soda and salt, then the nut meats, broken in pieces or chopped, and the last measure of flour. Drop by spoonfuls on to a buttered tin. Decorate the top of each spoonful with a nut meat, dredge with sugar and bake.

Poinsettia Wafers

$\frac{1}{4}$ cup butter	1 egg-white, beaten dry
$\frac{1}{2}$ cup granulated sugar	Flour for dough
$\frac{1}{2}$ lemon, grated rind and juice	<i>Decoration</i>
2 egg-yolks	1 egg-white
	Strips of citron and cherries
	Granulated sugar

Take the dough on the board (magic cover is best), a little at a time, knead slightly, roll into a sheet, and cut into shapes as desired. A cutlet cutter was used for the wafers shown in the illustration. Set the shapes in a buttered pan, brush over with the white of an egg, beaten

slightly, decorate with strips of angelica or citron and candied or maraschino cherries, to represent a poinsettia. Dredge with granulated sugar. Bake to a delicate straw-color.

Honey Cookies

$\frac{1}{2}$ cup butter	3 cups or more flour
$\frac{3}{4}$ cup granulated sugar	4 level teaspoonfuls baking powder
$\frac{1}{2}$ cup honey	Glaze {
Grated rind 1 lemon	
1 egg and 1 yolk	
	1 egg-white
	Chopped almonds
	Granulated sugar

Mix in the usual manner; beat the whole egg and yolk without separating the white from the yolks. Roll into a sheet, cut into cakes, set into a baking pan, brush over with the white of egg slightly beaten, sprinkle with the nuts, dredge with sugar and bake in a moderate oven. Bake one cake before rolling out much of the dough; if the cake spreads too much and looks too rich, add more flour.

Nuremberg Gingerbread

4 eggs	1 cup sugar
1 teaspoonful mace	2 cups flour
$\frac{1}{4}$ teaspoonful cloves	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{4}$ cup candied orange peel	2 teaspoonfuls baking powder
	$\frac{1}{2}$ lb. blanched almonds

Beat the eggs very light without separating; beat in the spices and sugar, then the flour, salt and baking powder, and, lastly, the almonds split in halves. Turn into narrow tins well buttered. The mixture should be about three-fourths an inch in depth. Bake about twenty minutes. When cold spread the bottom with confectioner's frosting made with two ounces of chocolate. Pipe narrow threads of white icing across the cake about an inch apart. Before the frosting hardens draw a silver knife down through it to divide the lines into sections about an inch wide; this spreads the white frosting where the knife comes in contact with it.

Nuremberg Fingers

To the ingredients given in the above recipe add one-third a cup of flour, and chop the almonds. Shape with hands or rolling pin into oblongs, similar in size and shape to lady-fingers. Bake, and when cold spread the under side with chocolate icing and decorate with white icing.

Ginger Balls

$\frac{3}{4}$ cup shortening	1 tablespoonful ginger
1 cup coffee "A" sugar	1 tablespoonful soda
3 eggs or 6 yolks well beaten	1 cup lukewarm water
3 cups flour	1 cup molasses
1 teaspoonful salt	2 ounces candied orange peel

Use lard and butter, half and half; cream this; beat in the sugar, then, alternately, the flour sifted with the ginger and soda and the liquids. Bake in well buttered popover pans about twenty-five minutes. The recipe makes two dozen balls. If candied peel be used, soften in hot syrup, chop fine and add to the creamed shortening and sugar.

Sand Tarts

$1\frac{1}{4}$ cups butter	2 egg-yolks
4 cups flour	1 egg-white
2 cups sugar	

Cream the butter, beat in the flour, then the sugar, and, lastly, the yolks and white beaten together. Cover the dough close and let it stand over night. Next day roll into a very thin sheet, using as little flour as possible. Cut into shapes, brush over with the white of an egg, set half a nut meat above, dredge with granulated sugar and bake at once.

Doughnuts

Sift together five cups of sifted pastry flour, half a teaspoonful of mace, one teaspoonful of salt, two slightly

rounding teaspoonfuls of cream of tartar and one level teaspoonful of soda. Beat two eggs and the yolk of another; add a generous cup of granulated sugar, and, when well mixed, a scant cup of milk. Stir the liquid into the dry ingredients, adding a little more flour, if necessary, to make a soft dough. Take a little of the dough on to the board, pat into a sheet, cut into rounds and fry in deep fat.

Orange Crullers

2 eggs, beaten light	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup sugar	1 teaspoonful cream of tartar
$\frac{1}{4}$ cup rich milk	slightly rounding
2 cups sifted flour	$\frac{3}{4}$ level teaspoonful soda
Grated rind 1 orange	

Add the sugar to the eggs, then the milk and flour, sifted with the dry ingredients, and the orange rind. Mix to a dough; roll, part at a time, into a sheet one-fourth of an inch thick. Cut into rounds an inch and a fourth in diameter. Set about a fourth of a teaspoonful of orange marmalade on a piece of dough, cover with a second round and press the edges together; fry in deep fat; roll in sifted powdered sugar.

Five O'Clock Cream Cakes

$\frac{1}{4}$ cup butter	1 cup cream
$\frac{1}{2}$ cup boiling water	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ teaspoonful vanilla extract
1 whole egg	Bar-le-duc currants
1 egg-yolk	Chopped pistachio nuts

With the butter, water, flour and eggs make choupaste (see Palmerston éclairs). Drop the paste by the teaspoonful on to a buttered baking sheet. Bake about twenty minutes. When cold, open the cakes on one side and fill with the cream, sugar and vanilla beaten firm; let the cream mixture show on the open side. Set a little of the preserves on the top of each and sprinkle with the chopped nuts.

Scotch Shortbread

1 pound (4 cups) flour $\frac{1}{2}$ pound (1 cup) butter
 $\frac{1}{4}$ pound sugar

Put the flour, butter and sugar on a baking board, letting the board rest against the wall, to keep it from moving round the table. Break the butter in small pieces and work into a lump by rubbing along the board with your flat hand and wrist. Roll the lump into a sheet three-fourths of an inch thick, cut in four pieces and prick all over with a silver fork. Put in a hot oven for 5 minutes, then let cool a little and bake 25 minutes longer. When baked, it should be of a very pale, amber tint.

Oat-Flake Wafers

Beat three-fourths a cup of butter to a cream; gradually beat in two cups of sugar, then two cups of oatmeal, half a cup of boiling water, half a teaspoonful of salt and one teaspoonful of soda sifted with one cup of flour. Mix thoroughly, adding flour as is needed to make a dough. Roll very thin, cut in squares and bake in a quick oven.

Almond Meringues

Beat the whites of four fresh eggs dry, then gradually beat in one cup of granulated sugar, and when very firm take a spoon and beat in half a cup or more of chopped almonds. Lightly tack strips of waxed paper (such as is used in wrapping butter, etc.) on to a board about one inch in thickness; with a spoon drop the mixture on the paper, giving each portion an oval shape; sprinkle with sliced almonds and dredge with granulated sugar. Set the boards into a slack oven to let the meringues dry out rather than bake. After three-fourths of an hour increase the heat to color the meringues delicately. When baked, lift from the paper with a spatula.

Almond Meringues, with Strawberries and Cream

Prepare the mixture as above; with an oval cutter as a pattern, pencil out oval shapes on the paper. On half of these shapes draw a second line, about half an inch from the first, all around. With a spoon fill the solid ovals with the meringues mixture, making it flat on top. Use a pastry bag and plain tube to fill the narrow oval shapes; dredge all with granulated sugar. Set the boards into a slack oven to let the meringues dry out rather than bake. After three-fourths an hour increase the heat to color the meringues delicately. When baked lift from the paper with a spatula. Press the soft part of a solid meringue and an elongated, ring-shaped meringue together, to form a case. Fill these, at serving, with whipped cream and sugared strawberries. To make in quantity allow one white of egg and one-fourth a cup of sugar for each meringue. A cup of cream and half a box of berries will fill six.

Pfeffer Nuesse

1 pound sugar	$\frac{1}{2}$ tablespoonful cloves
1 pound flour	$\frac{1}{2}$ tablespoonful mace
Grated rind 1 lemon	$\frac{1}{2}$ tablepoonful nutmeg
$\frac{1}{2}$ cup fine-chopped citron	2 teaspoonfuls baking powder
1 tablespoonful cinnamon	5 eggs

Sift the flour, sugar, spices and baking powder together; add the lemon rind and citron and mix to a dough with the eggs beaten without separating the whites and yolks. Roll the dough into a sheet half an inch thick, cut out with a very small (about one inch in diameter) round cutter. Set same side up on a lightly floured board and let stand over night. When ready to bake set *upside down* on a tin, and brush over the top with cold water. Bake in a moderate oven. Do not brown, but bake through. When just right they look like tiny pots with

half of the contents running over. The recipe makes seventy cakes resembling macaroons.

Nut Caramel Frosting

1½ cups granulated sugar	2 whites of eggs
5 tablespoonfuls caramel syrup	⅔ cup pecan nut meats
½ cup boiling water	

Cook the sugar, syrup and water to 238° F. Pour gradually over the whites of eggs beaten dry, beating constantly meanwhile. Return to the fire over boiling water and beat until the frosting thickens perceptibly; beat in the nut meats, broken in pieces, and spread on the cake, leaving the frosting rough.

Fluffy Caramel Icing

1½ cups granulated sugar	½ cup water
½ cup sugar cooked to caramel	4 whites of eggs

Pour the water over the sugar cooked to caramel, and stir until the caramel is melted; add the cup and a half of sugar, stir until melted, cover and let boil two or three minutes; uncover and let boil to 240° F. on the sugar thermometer; then pour in a fine stream on the whites of the eggs beaten dry, beating constantly meanwhile. Beat occasionally until cool enough to spread.

Half of this recipe will make enough frosting for a sheet of cake of ordinary size.

Trilby Frosting

To a boiled frosting, beaten until nearly cool enough to spread, add a cup of marshmallows cut into quarters, one-fourth a cup of candied or maraschino cherries cut into slices, and half a teaspoonful of vanilla.

CHAPTER XII

PASTRY AND PIES

Shortening makes tender pastry, water, tough pastry.

Equal weights of flour and shortening are the proportions for puff-paste.

One-half the weight of the flour in shortening makes plain paste.

Three-fourths the weight of the flour in shortening, the last fourth folded in, makes flaky or semi-puff paste.

Lard makes a soft crust, butter a crisp one.

In making a pie, let both "crusts" lie loosely on the plate; never stretch pastry to cover the plate; roll the paste to the proper size; lift from the plate and let it contract all it will; cut one-fourth an inch beyond the plate; in cooking, it will shrink to the edge of the plate or inside of it. Brush the edge of the lower paste with cold water, press the upper paste upon it, but keep both free from the edge of the plate. A pie full of juice will not "run over or out," if it be put together properly.

Pie Crust

Pass together through a sieve three cups of sifted pastry flour, half a teaspoonful of salt and half a teaspoonful of baking powder. With a knife or the tips of the fingers work into this mixture from two-thirds to three-fourths a cup of shortening. When each little particle of fat is coated with flour, add gradually, mixing meanwhile with a knife, enough cold water to make a paste that sticks together without adhering to the knife or bowl. Turn on

to a board lightly dredged with flour. Roll the paste with a knife in the flour, then pat it with the rolling-pin into a rectangular shape, and roll out into a long strip. Roll this up tight like a jelly roll, and use when desired. This will make two pies. For a more flaky pastry prepare as above, using but half a cup of shortening; then, when the paste is rolled out into the rectangular sheet, spread it with one-fourth or one-half a cup of shortening; then fold it three times, or roll it up, pat and roll out again, and it is ready for use.

Flaky Pastry for Two Pies

Sift together one cup and a half of sifted, pastry flour and one-fourth a teaspoonful, each, of salt and baking powder. With a knife or the tips of the fingers work in three ounces (about one-third a cup) of shortening, then, using a little cold water as needed, mix with the knife until the dough cleans the bowl, then turn on to a board lightly dredged with flour; turn the paste on the board to coat the entire surface with the flour. Pat with the pin and roll into a rectangular sheet. Have ready about two tablespoonfuls of butter beaten to a cream; spread part of this over one half of the paste, and fold the other half over the butter; again spread one-half of the surface with butter and fold the other half over the butter. Use at once or wrap in waxed paper and set aside, covered, in a cool place until the next day, or even two or three days.

Puff-Paste

Weigh out half a pound (one cup) of butter and half a pound (two cups) of pastry flour. Put two table spoonfuls of the flour into a dredger for use when rolling the paste. Add one-fourth a teaspoonful of salt to the rest of the flour. Rinse an earthen bowl and a wooden spoon,

or the hands, in hot water, then in cold, letting cold water, changed once or twice, stand in the bowl some time, or until the bowl is chilled. Then refill the bowl with cold water, and in it work the butter, with the hand or spoon, until it is pliable and waxy throughout. Then pat it into a thin rectangular cake.

Take off about two tablespoonfuls of the butter, and set the rest aside in a cool place until ready to use.

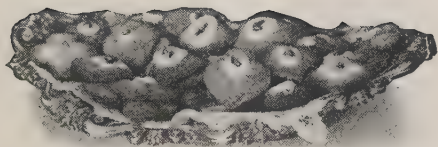
With the tips of the fingers or a knife work the two tablespoonfuls of butter into the flour and salt. Then gradually add cold water, and mix the whole to a paste. About three-fourths a cup of water will be needed. The paste should be of such a consistency that it does not stick when kneaded.

Dredge a magic cover (used on board and pin) lightly with flour and work it in thoroughly. Then knead the little ball of dough until it is elastic. Cover it with the mixing-bowl, and let "rest" five minutes. Then pat it with the rolling-pin and roll into a rectangular sheet.

Have the sheet of paste a little more than twice the width and three times the length of the cake of butter.

Set the butter in the middle of one-half the paste, the greatest length of the butter over the greatest length of the paste. Then turn the paste lengthwise over the butter, thus folding the paste in the center, lengthwise, and enclosing the butter. Press the three open edges of paste together, to include the air, then fold one end of the paste over and the other under the butter. There will now be three layers of paste over and three under the layer of butter. Press the edges of paste together firmly.

Now turn the paste around, in order to roll the sheet of paste in a direction opposite to the first rolling. Let "rest" about five minutes. Then pat gently with the pin, to press the paste together in ridges and break up the enclosed air into smaller bubbles. Roll the paste into



LITTLE POUND CAKES. *Page 157*



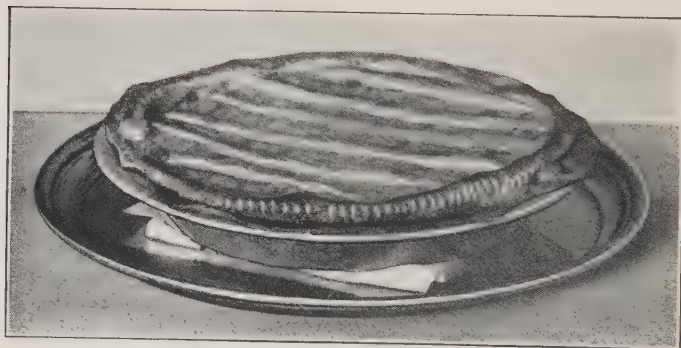
DATE-AND-BANANA SALAD. *Page 125*



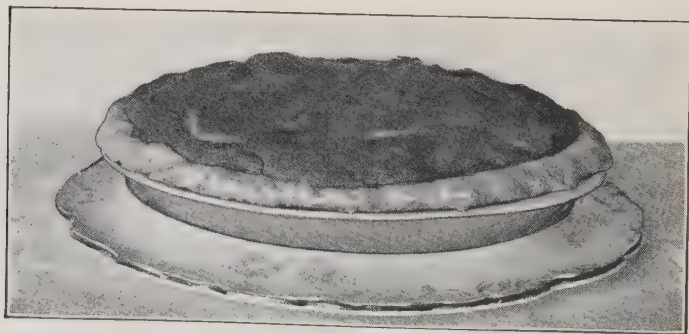
MELBA CUPS. *Page 199*



LITTLE PUMPKIN PIES, WITH WHIPPED CREAM
ABOVE. *Page 172*



MARLBORO TART. *Page 173*



LEMON SPONGE PIE (MISS SHEA). *Page 169*

a long strip, taking pains to roll the butter between the layers of paste and without letting the paste break through to the butter. Keep the edges even. Fold the paste, to make three even layers, with edges perfectly straight. Then turn the paste half-way around, so as to roll in the opposite direction. Let "rest" a few minutes. Then pat and roll into a sheet as before. Fold to make three layers. Turn half-way around. Pat and roll out as before.

Continue folding, turning, and rolling until the paste has been rolled out six times. Begin counting with the first rolling after the butter has been added. When rolling the sixth time, shape the paste for the article or articles to be cut from it.

Puff-Paste Vol-au-Vent

For a vol-au-vent roll the paste to such thickness that two pieces the size of the vol-au-vent cutter may be cut from it. Dip the cutter in boiling water and stamp out the two pieces; cut each piece again¹ about three-fourths an inch from the edge; cut one piece half through, the other, for the upper piece,¹ three-quarters through; brush the lower piece with cold water and set the other above it; cut out small figures, brush the under side with cold water and use to decorate the center of the top. Let chill on ice half an hour; bake about forty minutes; cut out the center and remove uncooked paste if present. The oven should be hot on the bottom to send up the paste. Cover the top with brown paper if necessary.

Lemon Sponge Pie

3 tablespoonfuls butter	3 rounding tablespoonfuls flour
1½ cups sugar	½ cup milk
3 yolks eggs, beaten light	½ teaspoonful salt, scant
1½ lemon juice, grated rind if desired	1 cup milk
	3 whites eggs, beaten dry

Beat the butter to a cream, beat in part of the sugar; then the yolks, rest of the sugar and the lemon juice. Mix the flour and salt with the half cup of milk, add to the first ingredients, then add the cup of milk and the whites of eggs. Turn into a large agate plate lined with pastry as for a custard pie. Bake from thirty to forty minutes in a moderate oven.

Mock Mince Pie

1 cup raisins, seeded and chopped	$\frac{1}{2}$ cup vinegar from sweet pickle jar or
4 crackers, rolled fine	$\frac{1}{2}$ cup lemon juice
1 cup molasses	$\frac{1}{2}$ cup melted butter
$1\frac{1}{2}$ cups sugar	2 eggs, beaten light

Salt and spice as desired.

Mix all together and bake between two crusts.

Mock Mince Pie, Spring Style

Chop together one cup, each, of rhubarb and raisins; add the grated rind and juice of one lemon, two tablespoonfuls of butter, one cup of sugar, one egg well beaten, and mix thoroughly. When turned into the plate lined with pastry dredge on a little flour and half a teaspoonful of salt. Bake with two crusts.

Blueberry Pie, with Meringue

2 egg-yolks	1 cup sugar, scant
1 tablespoonful lemon juice	2 tablespoonfuls flour
3 cups fresh blueberries or	$\frac{1}{4}$ teaspoonful salt
2 cups canned berries	

Beat the yolks, stir in the lemon juice and berries. Sift together the sugar, flour and salt and stir into the blueberry mixture. Turn into a plate lined with pastry as for a custard pie. Bake about twenty-five minutes or until the mixture is "set." When cooled a little, spread a meringue over the top and return to the oven to cook the meringue. The time of cooking will depend on the

thickness of the meringue. With two whites of eggs cook about ten minutes. To make the meringue, beat the whites dry, then beat in as many rounding tablespoonfuls of sugar as there were whites of eggs.

Raisin Pie

Line a pie plate with rich pastry, fill with a cup and a half of large seeded raisins, three-fourths a cup of sugar mixed with two tablespoonfuls of flour, the juice of one lemon, half a cup of water, half a teaspoonful of salt and a tablespoonful of butter in bits. Cover with paste. Bake about forty minutes.

Cherry Pie

Line a plate with pastry; put in as many stoned cherries as the pastry will conveniently hold, probably about a pint measured after stoning; add the juice; sprinkle with half a teaspoonful, scant measure, of salt, about a cup of sugar and two tablespoonfuls of flour. Dot with bits of butter, a tablespoonful in all. Brush the edge of the pastry with cold water, and spread over the whole an upper crust. Press the two crusts together close on the edge, and brush the two edges with cold water. Bake about forty minutes. Tart cherries make the best pies. A little lemon juice improves a pie made with sweetish fruit; more sugar will be required with sour cherries.

Sour Cream Pie

Beat one egg and two yolks of eggs light; beat in one cup of sugar, one cup of sour cream, half a cup of seeded raisins or currants, a level teaspoonful of flour, one-fourth a teaspoonful of lemon extract and one-fourth a teaspoonful of ground cinnamon and cloves. Bake in a pie-plate lined with pastry until about firm in the center. Beat the whites of two eggs dry, then gradually beat in two

rounding tablespoonfuls of granulated sugar and spread over the pie. Return the pie to the oven to cook the meringue. Let cook about eight minutes in a slow oven, then increase the heat to brown the meringue slightly.

Butter-scotch Pie

Bake pastry rolled as for pie crust on the outside of an inverted pie pan. Prick the paste all over and set it on a tin sheet to keep the edge from contact with the oven. When baked set inside the pan, turn in butter-scotch filling and cover with a meringue made of the whites of two eggs and one-fourth a cup of granulated sugar. Let bake about ten minutes. Serve when partly or wholly cold.

Butter-scotch Filling

Scald one cup of milk in a double boiler; stir three level tablespoonfuls of cornstarch and one-fourth a teaspoonful of salt with half a cup of cold milk to a smooth consistency, then let cook in the hot milk, stirring constantly, until smooth and thick. Cook two tablespoonfuls of butter with one cup of brown sugar until the sugar is soft and bubbly throughout. Do not cook it to caramel. Stir the sugar into the cornstarch mixture, then add two yolks of eggs beaten light and diluted with a little of the hot mixture. Use when cooled a little.

Pumpkin Pie

1½ cups cooked and sifted pumpkin	⅔ cup sugar
1 cup milk	2 tablespoonfuls molasses
½ cup cream	½ teaspoonful salt
1 egg, beaten light	1 tablespoonful ginger

Mix all the ingredients together and turn into a deep plate lined and finished with a fluted edge. Bake until the center is firm. The oven should be of good heat at

first to bake the pastry. After ten or fifteen minutes reduce the heat. Twenty-five or thirty minutes of cooking are needed.

Marlboro Tart

Line a large pie plate (agate is preferable) with pastry; with pastry jagger cut off long strips, a scant half-inch in width, of flaky or puff-paste. Mix together two cups of grated apple, the grated rind and juice of one lemon, one cup and a half of sugar, two eggs beaten without separating the whites and yolks, two tablespoonfuls of melted butter, one-half a teaspoonful of salt and one cup of thin cream. Turn into the plate lined with pastry, wet the edge, and set the strips of pastry over the top of the filling in two directions. Finish with a strip of paste on the edge. Let bake until firm in the center.

Strawberry Tarts

Cut out round or oval shapes from flaky or puff-paste; set these on a baking sheet, prick with a fork, then pipe a narrow band of chou-paste on the edge of each; let bake about twenty minutes. For a basket of strawberries, hulled and washed, if needed, take a cup of sugar and one-fourth a cup of boiling water; cover and let stand on the back of the stove, stirring occasionally until melted and boiling; put in part of the berries and skim out as soon as the boiling point is reached; repeat until all the berries have been thus cooked. Let the syrup boil until very thick, draining in any syrup that may stand on the berries; return the berries to the syrup, let boil once, then use to fill the open space in the center of the tarts.

Cranberry Tarts

Cut rounds from flaky paste and an equal number of rounds from puff-paste, if at hand, otherwise use flaky

pastry for both sets of rounds. Cut out three or four small rounds from the paste to be used as covers, but retain them in place to give vent to the steam. Put a spoonful of cranberry jelly on the flaky rounds, brush the edge with cold water and press the puff-paste rounds above; dredge with granulated sugar and bake in a rather hot oven about fifteen minutes.

Other fillings, as jam or jelly or stewed fruit may be used.

Napoleons

Roll flaky or puff-paste into a sheet one-fourth an inch thick, and cut to fit square or oblong biscuit pans. Prick these with a fork, brush over with beaten yolk of egg diluted with milk, and let bake until done. At once cut into strips three inches long and one inch and a half wide. Three pieces of paste form one service. Put fruit jelly (currant, quince, apple, etc.) or orange or lemon curd on the lower bit of paste; whipped cream, sweetened and flavored, or cream cake filling on the second layer; and confectioner's frosting, white or chocolate, on the last layer.

Cream Cake Filling

Scald one pint of milk; sift together half a cup, each, of sugar and flour; add one-fourth a teaspoonful of salt, dilute with a little of the hot milk, and when evenly blended stir into the rest of the hot milk; stir until the mixture thickens; cover and let cook ten minutes. Beat two eggs; add one-fourth a cup of sugar and beat again, then stir into the hot mixture; let cook two or three minutes, until the egg is set. When nearly cold and ready to use, beat in half a teaspoonful of vanilla extract.

Confectioner's Frosting

Into one-fourth a cup of boiling water or hot sugar syrup stir sifted confectioner's sugar to make a frosting that is stiff enough to remain in place, yet liquid enough to run smooth. Flavor to taste. Use vanilla with chocolate. The chocolate should be melted and added with the sugar.

CHAPTER XIII

HOT AND COLD PUDDINGS, CUSTARDS, JELLIES, CREAMS, ETC.

The cooking of a steamed pudding must be *continuous*, and *boiling* water must be used to replenish the supply or the pudding will be "heavy."

If eggs are to be added to a pudding made of uncooked grains, tapioca, cornstarch, etc., cook the starchy material in the liquid, then add the eggs with the sugar and finish the cooking over hot water, or protected in some way from strong heat.

Baked custards or puddings in which eggs are used should be set in the oven in a pan of boiling water, on many folds of paper. The water should not boil during the cooking. Such dishes are cooked when they feel firm in the center.

A soufflé must be served the instant it is done, lest it "fall." Send from the oven to the table.

Four eggs to a quart of milk give a custard of delicate consistency; such custard must be served from the dish in which it is baked.

Eight eggs to a quart of milk are needed, when the custard is to be turned from the mold in perfect shape.

Yolks of egg rather than whites should predominate in custards. Two yolks are equivalent to a whole egg.

A pudding should be cooled before meringue is spread upon it. Set the meringue to cook in a very moderate oven. Even a shallow meringue should cook at least ten minutes before it begins to color.

In making meringue for puddings, pies, etc., allow two level tablespoonfuls of sugar to each white of egg. Beat the whites dry, then gradually beat in the sugar. After setting the meringue in place dredge the top with granulated sugar.

Two ounces of gelatine—the usual package—will jelly two quarts of liquid. In summer, or if fruit, etc., is to be held in the jelly, cut down the quantity of liquid to three pints.

In combination with whipped whites of eggs or cream, one tablespoonful of gelatine (one-fourth a package) will jelly one pint of material (the cream is measured before whipping).

Avoid heating fruit juice that is to be jellied—heat detracts from the flavor.

The success of a Bavarian cream depends on having the gelatine mixture, into which the cream is folded, at the right consistency when the two are combined. With ice in which to chill the gelatine mixture the process can be completed quickly and at just the right moment.

English Plum Pudding

1 lb. beef suet	1 grated nutmeg
1 lb. seeded raisins	1 tablespoonful mace
1 lb. currants	1 tablespoonful cinnamon
$\frac{1}{2}$ lb. citron	4 teaspoonfuls cream,
5 tablespoonfuls brown sugar	6 eggs
3 cups grated bread	1 cup brandy or fruit juice
1 cup flour	

Chop the suet fine, shave the citron, roll the fruit in the flour and spices sifted together. Beat the yolks, add the cream and stir into them all the other ingredients; add the whites of the eggs, beaten dry, at the last. Cook six hours without allowing the kettle to stop boiling. Serve with hard sauce or with a cup of sugar and half a cup of water, boiled five minutes and flavored with half a cup of wine or brandy. For a richer sauce use

Frozen Brandy Sauce

Mix one pint of double cream, half a cup of sugar, one teaspoonful of vanilla, the juice of one lemon and one-third a cup of brandy, and freeze as ice cream.

Hard Sauce, Holiday Style

Beat half a cup of butter to a cream; gradually beat in one cup of sugar. Divide into three parts; leave one plain, add one or two ounces of melted chocolate to one part, and into the third beat strawberry or raspberry preserves or jam to color and flavor as desired. A little rose color-paste may be added to heighten the color of the preserves.

Steamed Blackberry Pudding

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup water or milk
2 egg-yolks	2 egg-whites
2 cups flour	1 cup blackberries
4 teaspoonfuls baking powder	

Cream the butter, beat in the sugar, yolks, liquid, flour with baking powder and salt, and, lastly, the whites beaten dry and the berries. Steam in a buttered mold one hour and a half. Serve with blackberry hard or liquid sauce. Blueberries, peaches or apples may replace the blackberries. The pudding is particularly good when made with raspberries.

Blackberry Hard Sauce

Cream half a cup of butter, beat into it one cup of sugar, and then, drop by drop, half a cup of crushed and sifted blackberry pulp. Raspberries or strawberries may be used in the same way.

Blackberry Liquid Sauce

Crush and sift a basket of blackberries to exclude seeds. Mix with one cup and a half of sugar; let stand until the sugar melts; stir before using. Raspberries and strawberries may be used.

Baked Apple Dumpling

Tart apples	$\frac{1}{4}$ teaspoonful salt
Salt	3 tablespoonfuls butter
3 tablespoonfuls cold water	1 egg (this may be omitted)
$1\frac{1}{2}$ cups pastry flour	$\frac{3}{4}$ cup milk (scant measure)
3 teaspoonfuls baking powder	

Butter an agate baking dish; into it slice tart apples to fill to the top; add a dash of salt and the cold water. Make a soft biscuit dough of the other ingredients and spread it over the apples. Bake in a quick oven about twenty-five minutes. Invert the dish so as to have the apples on the top. Serve hot, with butter and sugar or syrup.

Apple Dumplings

Make flaky pastry, using two cups of flour, half a cup of shortening, and water as needed, folding in at the last two or three level tablespoonfuls of butter. Roll the pastry into a sheet and cut into rounds large enough to enclose an apple. Have ready some pared-and-cored apples, cooked in a cup, each, of sugar and water until tender but not broken, and then cooled. Set an apple on each piece of paste, and enclose it secure. Have the paste smooth on top, brush over with beaten yolk of egg and dredge with granulated sugar. Bake about fifteen minutes. Serve hot with hard sauce.

Rolled Apple Dumplings

Sift together two cups of sifted pastry flour, four level teaspoonfuls of baking powder and half a teaspoonful of

salt. Work in one-fourth a cup of shortening, then mix to a dough with milk (between half and two-thirds a cup will be needed). Turn the dough upon a floured board, and toss with the knife until lightly floured, then knead slightly and pat and roll into a rectangular sheet less than half an inch in thickness. Pare and core four or five quick-cooking tart apples and chop them rather coarse. Sprinkle the apples over the dough, dredge with two or three tablespoonfuls of sugar, then roll like a jelly roll and very compactly. Cut the roll into pieces two inches long. Set these on end close together in a buttered baking pan. Put a bit of butter on top of each roll. Bake in a quick oven about twenty-five minutes. Serve hot with syrup and butter.

Blackberry Shortcake

3 cups pastry flour	1½ cups milk (about)
6 level teaspoonfuls baking powder	2 baskets berries
1 teaspoonful salt	2 cups granulated sugar
⅓ to ½ cup shortening	Butter to spread

Sift together the flour, baking powder and salt; with the tips of the fingers work in the shortening; mix to a soft dough with the milk. Spread the paste in two round tins. Bake in a quick oven. Before beginning to mix the cake, mix the berries and sugar, cover and let stand in a warm (not hot) place until the cakes are baked. Spread the bottom of the cakes generously with butter. Set one cake on the serving dish, cover with the prepared fruit, above this set the other, cover with fruit, and dispose the rest of the fruit on the dish around the cake. Serve at once. Strawberries, raspberries, peaches and canned apricots make good shortcakes. Canned apricots need a generous measure of sugar. Hot marshmallow sauce is good with strawberry shortcake.

Hot Marshmallow Sauce

Boil one cup of sugar and half a cup of hot water five or six minutes after boiling begins. Do not stir after the syrup boils. Remove from the fire; add half a pound of marshmallows and beat until they are melted. Flavor with half a teaspoonful of vanilla, if desired. If serving be delayed, keep the sauce hot over warm water, then add a few drops of hot syrup or boiling water and beat again.

Apricot Shortcake

$\frac{1}{3}$ cup butter	2 egg-whites
1 cup sugar	$\frac{1}{2}$ cup milk
2 egg-yolks	$1\frac{3}{4}$ cups flour
2 $\frac{1}{2}$ teaspoonfuls baking powder	

Filling

1 cup canned apricots	1 cup sugar
1 egg-white, unbeaten	Juice 1 lemon

Mix the cake part in the usual manner; bake in two layers. When cold put together with filling between and above. Remove the skin from the apricots, if present; drain free from syrup; press the pulp through a ricer or sieve. Measure after sifting; add the sugar, lemon juice and white of egg, and beat the mixture until it will stand alone. A slitted wooden spoon is the best utensil at first—later an egg beater may be used. It will take about half an hour to beat the mixture firm. Raw apples grated, banana pulp pressed through a ricer, or other semi-solid fruit may be used. Apricots give a most pleasing flavor. When raw fruits are used mix the pulp at once with the lemon juice to keep it from discoloring. Cake made with raw fruit should be eaten the day it is made. Made with apricots the cake will keep several days.

Brown Betty

Put a layer of sliced tart apples in a buttered pudding dish. Sprinkle with sugar and ground cinnamon or grated lemon rind, and cover with bread crumbs — center of the loaf — mixed with melted butter. Alternate the layers of seasoned apples and buttered crumbs until the dish is filled, having the last layer of crumbs. Bake about an hour. Serve with cream. If the apples are dry, add half a cup of cold water, when the dish is first set into the oven. From one to three pints of apples may be used to one pint of crumbs. Molasses may be used in the place of sugar. Half a cup of sweetening may be used to a pint of apples. Raisins, citron and nuts, all cut fine, may be added to the apples.

Bread Pudding, Viennoise

3 eggs, beaten light	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{1}{2}$ cup sugar cooked to caramel	3 cups milk
$\frac{1}{2}$ cup water	2 cups soft sifted bread crumbs
$\frac{1}{2}$ cup sugar	1 cup dried currants
	$\frac{1}{2}$ teaspoonful salt

Beat the eggs, add the caramel dissolved in the water, the sugar, spice and milk, and pour over the bread and fruit. Turn into individual buttered-and-sugared molds (dredge the molds with sugar after they are buttered to insure easy removal from molds). Let cook in a dish of boiling water as a custard. Serve hot with any pudding sauce.

Delmonico Pudding with Peaches or Apricots**Pudding**

4 to 6 halves of canned apricots	$1\frac{3}{4}$ cups scalding hot milk
or peaches with a little fruit	2 yolks eggs
syrup	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{4}$ cup cornstarch	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup cold milk	1 teaspoonful butter

Meringue

$\frac{1}{4}$ teaspoonful vanilla extract 2 whites eggs
4 tablespoonfuls sugar

Put the fruit and syrup in a pudding dish; make a thick "boiled custard" of the other ingredients, cooking the starch ten or fifteen minutes in the hot milk before adding the yolks of eggs with the sugar.] Turn the custard over the fruit. Beat the whites of eggs dry; gradually beat in half the sugar, then fold in the other half and the extract. Spread the meringue over the custard and let stand in a moderate oven about ten minutes. Serve hot or cold.

Baked Rice-and-Milk Pudding

Blanch a cup of rice by heating to the boiling point in plenty of cold water and then draining and rinsing in cold water. Add one cup of sugar, a teaspoonful of salt, a grating of nutmeg or a little ground cinnamon, one-half to one whole cup of stoned raisins and six cups of milk. Let bake in a moderate oven about three hours. Stir two or three times during the first hour, to keep the raisins from settling to the bottom of the dish. If necessary, cover with a buttered paper, to keep the top from becoming too brown. If the pudding looks at all dry, add another cup of milk ten or fifteen minutes before taking from the oven. The grains of rice should be whole, each imbedded in a creamy mass. This will serve eight or ten people, and is at its best when half cold.

Baked Tapioca Pudding

3 cups hot milk $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{4}$ cup quick cooking tapioca 3 eggs
 $\frac{1}{3}$ cup sugar

Mix the tapioca, sugar and salt, and stir into the hot milk; let cook until the mixture thickens slightly, then

stir in the eggs beaten light. Turn into a buttered baking dish and let cook (without boiling) until firm in the center. Serve hot with a sauce flavored with vanilla or wine.

Sauce for Tapioca Pudding

Stir three level tablespoonfuls of flour and one-fourth a teaspoonful of salt with cold water to make a smooth thin paste; pour on one cup of boiling water, and stir until smooth and boiling; add three-fourths a cup of sugar and let simmer ten minutes. Flavor with one teaspoonful of vanilla, two tablespoonfuls of sherry or a grating of nutmeg or half a teaspoonful of ground mace.

Chocolate Batter Pudding

1½ cups hot milk	2 squares chocolate
½ cup flour	¼ cup sugar
½ cup cold milk	4 egg-yolks
¼ teaspoonful salt	3 tablespoonfuls butter
¼ teaspoonful cinnamon	4 egg-whites

Stir the flour, cold milk, salt and cinnamon until smooth; then cook in the hot milk ten minutes; add the chocolate; beat the yolks, beat in the sugar, then beat into the hot mixture; add the butter; fold in the whites beaten dry. Bake in a well buttered pudding dish about half an hour. Serve hot, with Sabayon, wine or yellow sauce.

Yellow Sauce

Beat the yolk of an egg until light and thick; gradually beat in one cup of sugar, then one cup of hot milk, the white of one egg beaten dry and one teaspoonful of vanilla.

Sabayon Sauce

1 whole egg	½ cup sherry wine
2 egg-yolks	1 teaspoonful lemon juice
½ cup sugar	

Beat the eggs until light and thick; gradually beat in the sugar; set over boiling water and beat constantly while the wine is gradually added. When the sauce thickens slightly, add the lemon juice and turn into a cold dish to arrest the cooking.

Nut-and-Raisin Soufflé

5 whites eggs	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ cup seeded raisins	$\frac{1}{2}$ cup sugar

Cut fine the raisins and chop the nuts; if the raisins are chopped, they cannot be mixed evenly through the soufflé unless they are cooked with water. Beat the whites dry; fold in the sugar and prepared nuts and raisins. Turn the mixture into a buttered baking dish and let cook as a custard (on many folds of paper and surrounded with boiling water) until the center is firm and the mixture well puffed. Serve hot, from the baking dish, with cream and sugar or with cold, boiled custard.

Fig Whip

5 whites of eggs	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ teaspoonful cream of tartar	8 or 10 cooked figs

Beat the eggs a little, add the cream of tartar and beat until dry; gradually beat in the sugar, then fold in the figs cut in small pieces. Turn into a buttered baking dish dredged with sugar; set into a dish, on many folds of paper, and surround with boiling water; let cook about twenty-five minutes. The water should not boil during the cooking. Serve hot with cold, boiled custard. Candied fruit, raisins, nuts, prunes, cooked apples, bananas, peaches, etc., may be used in the same way. The last three fruits are usually added in the form of a purée.

Zabaione

Beat one whole egg and three yolks; add half a cup of sugar and beat again; set over hot water and stir constantly while half a cup of sherry wine is gradually added; continue stirring and cooking until the mixture thickens; then add a tablespoonful of lemon juice and fold in the whites of two eggs beaten dry. Continue the cooking and folding until the whites are set and the mixture is quite thick and fluffy. Serve, hot or cold, preferably cold, in glasses.

Rhubarb-and-Raisin Jelly

40 or more raisins
2 cups rhubarb
1 cup sugar

1 orange, juice and rind
 $\frac{1}{4}$ package gelatine
 $\frac{1}{4}$ cup cold water

Cook the raisins in boiling water until the skins are tender and the water reduced till it barely covers them. Remove the raisins, add the rhubarb (in small pieces), the sugar, and the juice and grated rind of the orange; let cook, shaking the saucepan gently once in a while, until the rhubarb is tender but not broken; add the gelatine softened in the cold water, and, if needed, boiling water to make one pint in all. Cut the raisins on one side and remove the seeds. Have the mold chilled in ice water. Dip the raisins in a little of the rhubarb liquid and press them on the bottom and sides of the mold following some regular order or pattern. Add any raisins left over to the rhubarb mixture; when this begins to thicken, turn into the mold. Serve with whipped cream.

Claret Jelly, with Plums

Soften half a package of gelatine in half a cup of cold water; add one cup and a half of boiling water; stir until the gelatine is dissolved, then add two-thirds a

cup of sugar, the juice of one large lemon and, when cooled somewhat, one cup and a half of claret wine. Set aside to become firm and cold. When ready to serve beat one cup of cream until firm. Set green gage plums (canned) around the unmolded jelly; pipe the cream on the jelly and between the plums. Have the syrup from the plums boiled to a jelly and cooled; set this around the edge. Sprinkle the whole with fine-chopped pistachio nuts.

Raisins Molded in Wine Jelly

$\frac{1}{2}$ package gelatine	1 cup sugar
$\frac{1}{2}$ cup cold water	Juice 1 lemon
2 cups boiling water	1 cup sherry wine
$\frac{1}{2}$ lb. large raisins	

If the skins are at all tough, cook the raisins in hot water until tender; drain and dry on a cloth, then seed carefully to preserve the shape. Use the water in which the raisins were cooked, after straining, for the hot water needed in making the jelly. Set a mold in ice and water, pour in a few spoonfuls of the liquid, and let it become firm. Arrange raisins on this to form some symmetrical design, and put a few drops of the liquid about each raisin. As this sets, it will hold them in place. Cover with a half-inch layer of liquid jelly. Then, when firm, add more raisins and more jelly in layers, until the ingredients are used. Serve garnished with whipped cream and cubes of jelly, molded without raisins for this purpose.

Banana Sponge

$\frac{1}{4}$ package gelatine	1 cup banana pulp
$\frac{1}{4}$ cup cold water	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ cup boiling water	Juice 1 lemon
3 egg-whites	

Garnish

2 or 3 bananas	1 cup double cream
$\frac{1}{2}$ lemon	2 tablespoonfuls sugar
$\frac{1}{4}$ teaspoonful vanilla	

Soften the gelatine in the cold water, and dissolve in the boiling water; peel and scrape ripe bananas, press the pulp through a sieve or ricer; heat the cup of banana pulp to the boiling point, add the sugar and lemon juice; stir over ice water until the mixture begins to thicken, then fold in the egg-whites beaten dry. Line a mold with parchment paper neatly; slice the bananas and squeeze over them the lemon juice to keep them from discoloring; dispose these on the bottom and sides of the mold; turn in the sponge. When unmolded decorate with the cream beaten firm.

Pineapple Sponge

1½ cups grated pineapple	¼ package gelatine
½ cup water	¼ cup cold water
⅔ cup sugar	Juice ½ lemon
2 egg-whites	

Cook the pineapple and half cup of water about ten minutes, then press through a cheese-cloth to remove all liquid possible; add the sugar and gelatine softened in the cold water and stir over the fire until the sugar and gelatine are dissolved; chill in cold water; add the lemon juice, and when beginning to set add the whites beaten dry and beat until very stiff; turn into a mold. Serve unmolded with sugar and cream or a boiled custard.

Eggs en Surprise

Drain the syrup from a can of choice apricots. To two cups of syrup add the juice of two oranges and one lemon and half a cup of sugar, and set over the fire to become hot. Soften two level tablespoonfuls of granulated gelatine in half a cup of cold water, and turn into the hot liquid. Stir until the gelatine is dissolved, then strain through a cheese-cloth. Reserve half a cup, and set the rest to cool in ice water. Beat the whites of three

eggs until dry. When the liquid mixture becomes cold and begins to thicken, add to it the beaten whites, and continue to beat (with the egg beater) until the whole will hold its shape. Then with it form rounds on serving dishes, and set half an apricot on each, to simulate a poached egg. Pour a little of the reserved syrup over the apricots, to glaze them slightly and exclude the air, and set aside in a cool place until ready to serve. This recipe will serve ten or twelve.

Almond Meringues, with Strawberries and Cream

Beat the whites of four fresh eggs dry; then gradually beat in one cup of granulated sugar, and when very firm take a spoon and beat in half a cup or more of chopped almonds. Lightly tack strips of waxed paper (such as is used in wrapping butter, etc.) on to a board about one inch in thickness; with an oval dish as a pattern, pencil out oval shapes on the paper. On half of these shapes draw a second line, about half an inch from the first, all around. With a spoon fill the solid ovals with the meringue mixture, making it flat on top. Use a pastry bag and plain tube to fill the narrow oval shapes; dredge all with granulated sugar. Set the boards into a slack oven to let the meringues dry out rather than bake. After three-fourths an hour increase the heat to color the meringues delicately. When baked lift from the paper with a spatula. Press the soft part of a solid meringue and an elongated, ring-shaped meringue together, to form a case. Fill these, at serving, with whipped cream and sugared strawberries. To make in quantity allow one white of egg and one-fourth a cup of sugar for each meringue. A cup of cream and half a box of berries will fill six.

Stewed Prunes Stuffed with Nuts

Wash prunes, then drain and let stand over night in a fresh supply of cold water. Let simmer until tender; add a small quantity of sugar and let simmer a few moments, until the liquid is thickened somewhat and is not large in quantity. Make a slit on one side of each prune and remove the stone; fill the opening thus left with sliced or chopped nuts. Spread a little whipped cream on individual dishes and set three or four prunes on the cream; partially cover with more cream and finish with one or two prunes stuffed with nuts. Serve as a dessert dish at dinner or luncheon.

Apricot Bavarian Cream

$\frac{1}{2}$ package gelatine (scant)	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup cold water (scant)	Juice $\frac{3}{4}$ lemon
$\frac{1}{2}$ cup hot apricot syrup	1 cup double cream
1 cup apricot purée	$\frac{1}{2}$ cup thin cream
Apricots for lining mold	

Sauce

$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ lemon juice
Apricot syrup	

For this dish with sauce one can of apricots is required. Soften the gelatine in the cold water and dissolve in the hot syrup; add the apricot purée (canned apricots pressed through a sieve), the sugar and lemon juice; stir until the sugar is dissolved, then chill on ice and water. When the mixture begins to thicken, fold in the cream beaten quite firm. Have ready an earthen bowl holding one quart, set a half apricot in the bottom, above this against the sides of the bowl set a row of half apricots, each cut in three or four lengthwise strips; set these a little distance apart; put apricot cream mixture into the bowl to the top of the apricot lining; then set in place against the bowl another row of strips of apricot; put in mixture

as before and so continue until the bowl is filled. For the sauce boil the rest of the apricot syrup with the sugar and lemon juice about six minutes; skim and use when cold on each service of cream.

Pineapple Dessert

Open a can of choice, sliced pineapple. Set eight slices into glass saucers and pipe pineapple Bavarian cream in the open centers and around the edge of each slice. Cut two slices of the pineapple into thin triangular pieces and a few candied or maraschino cherries into thin strips and use to decorate the dishes. For the Bavarian cream soften a tablespoonful of gelatine in one-fourth a cup of cold water, and dissolve in one cup of the liquid from the can, heated to the boiling point; add one-fourth a cup of sugar and the juice of a lemon. Set the dish containing the gelatine mixture into a pan of ice and water and stir until it begins to thicken, then gradually fold into it one cup of double cream beaten solid to the bottom of the bowl. When the mixture is stiff enough to hold its shape, set it in place with a pastry bag and star tube.

Coffee Charlotte Russe

1 cup double cream	$\frac{3}{4}$ cup sugar
1 cup cream, top of milk bottle	$\frac{3}{4}$ cup hot black coffee
$\frac{1}{4}$ package gelatine	3 egg-yolks
$\frac{1}{4}$ cup cold black coffee	2 tablespoonfuls sugar

Whip the cream until quite firm throughout. Soften the gelatine in the cold coffee. Cook the first measure of sugar to caramel; add the hot coffee and let stand to dissolve. Beat the yolks, add the small quantity of sugar, and cook in the hot coffee and caramel until the mixture thickens; add the softened gelatine and stir until dissolved; let chill until the mixture begins to thicken, then fold in the cream. Have lady-fingers trimmed to fit a mold.

When the cream-mixture is firm enough to hold its shape, set a lady-finger in place; put a spoonful of the coffee mixture at the base to hold the cake in place, and repeat until the mold is lined with the fingers; then finish filling the mold. Set aside to become chilled and firm. For a firmer mixture use one-third a package of gelatine.

Chocolate Charlotte Russe

(Bavarian Cream Filling)

2 ozs. chocolate	$\frac{1}{4}$ cup cold water
$\frac{2}{3}$ cup sugar	1 teaspoonful vanilla extract
$\frac{1}{3}$ cup boiling water	1 cup double cream
$\frac{1}{4}$ package gelatine	$\frac{1}{2}$ cup cream from top of milk bottle

Melt the chocolate over hot water, add the sugar and boiling water and stir until boiling. Soften the gelatine in the cold water and add to the hot chocolate mixture. When the gelatine is dissolved, add the vanilla and stir in ice and water until the mixture begins to thicken; fold in the thick and thin cream beaten together until very light. Line a quart Charlotte Russe mold with lady fingers, put the chocolate mixture into it by spoonfuls. When unmolded the dish may be decorated with half a cup of double cream, beaten firm, and slices of maraschino cherries. The decoration may be omitted.

Chocolate Charlotte Russe

(Without Gelatine)

$1\frac{1}{2}$ ozs. chocolate	1 cup double cream
$\frac{1}{4}$ cup boiling water	$\frac{1}{4}$ cup cream from top of bottle of milk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoonful vanilla

Melt the chocolate over hot water, add the boiling water and sugar and stir and cook until smooth and boiling. Let cool, then add the vanilla and cream and beat until firm. Have ready glass cups or paper cases

lined with strips of lady-fingers. The strips should be of uniform width and length and should extend half an inch or more above the receptacle. Use the chocolate mixture to fill the lined dishes or cases. Cherries and half a cup of cream beaten dry may be used as a garnish.

Charlotte Russe, with Jelly Roll

Line the bottom and sides of an oval Charlotte mold with thin slices of sponge jelly roll. Soften one and a half tablespoonfuls of gelatine in one-third a cup of cold milk and dissolve in one cup of scalded milk; add a scant half cup of sugar and stir until dissolved; then add one teaspoonful of vanilla and three tablespoonfuls of sherry wine and stir over ice and water until the mixture begins to thicken, then fold in one cup and a half of cream beaten very light but not dry. When the mixture holds its shape, use to fill the prepared mold. Slices of plain sponge cake may replace the jelly roll.

CHAPTER XIV

FROZEN DESSERTS

It is a matter of economy of time and ice to chill a mixture that is to be frozen before packing it in the freezing mixture.

Parfaits and mousses are a combination of whipped cream and a fruit or custard mixture. The two articles to be combined should be of about the same density; to secure this, use a small quantity of gelatine with fruit juice and pulp, and yolks of eggs with chocolate, coffee and caramel.

When molding ices, chill the mold before filling it.

When packing filled molds, reverse them after they are filled; this is particularly necessary when packing parfaits, which should be of the same texture from cover to cover.

It is a very simple matter to unmold an ice packed in a mold made with two covers.

To unmold an ice, let water from the *cold* water faucet run over the mold, then wipe dry.

Vanilla Ice Cream (Junket)

Heat one quart of milk, one cup of double (whipping) cream, one cup of sugar and one tablespoonful of vanilla extract to a lukewarm temperature (not over 80° F.); stir in one junket tablet, crushed and dissolved in one tablespoonful of cold water, and let stand in a warm place, undisturbed, until the milk jellies, then chill and turn into the can of a freezer. Pack the freezer with three measures of crushed ice to one of salt; turn the crank until

the mixture is frozen. When frozen, remove the dasher and beat the cream with a wooden spoon. Cover carefully, drain off the water and replenish the ice, but add no salt. If ice is scarce, use crushed newspaper with the ice. Cover the whole with a piece of carpet. Packed with crushed ice in a fireless cooker, an ice will keep in good condition a long time. The space around the frozen mixture must be filled solidly with ice; no air spaces must be left.

Delmonico Ice Cream

1 quart milk	2½ cups sugar
8 eggs or 16 yolks	1 quart cream
2 tablespoonfuls vanilla extract	

Scald the milk over hot water. Beat the eggs, add the sugar and beat again, then cook in the hot milk, stirring constantly until the mixture coats the spoon. Add the cream and strain into the can of the freezer. When cold, add the extract and freeze.

Ice Cream with Condensed Milk

Mix one quart of milk, one can of condensed milk and one tablespoonful of vanilla. If the condensed milk is sweetened, no additional sugar is needed. Crush one junket tablet and dissolve it in one or two tablespoonfuls of cold water. Have the milk heated to a lukewarm temperature (less than 100° F.). Stir the tablet mixture into the milk; let stand until jellied, then freeze as usual. This makes a particularly good ice cream; the junket tablet may be omitted, but though such ice cream is good, it is not as creamy and velvety as when the tablet is used.

Vanilla Ice Cream Sundae

Have ready caramel or maple syrup and chopped pecan nut meats. Put a tablespoonful of the syrup in a sherbet

cup; add a generous cone of ice cream, pour on one or two spoonfuls of syrup and sprinkle with chopped nuts. This is one of the best combinations served in sundaes.

Strawberry Ice Cream

1 quart milk	1 quart thin cream
1 tablespoonful cornstarch	2 boxes strawberries
2 cups sugar	2 cups sugar
Juice $\frac{1}{2}$ lemon	

Scald the milk over hot water; mix the cornstarch and sugar and stir into the hot milk; cover and let cook fifteen minutes; add the cream; let the mixture chill, then begin to freeze. Mix the hulled strawberries with the sugar and let stand an hour or more, then strain through a very fine sieve or two layers of cheese-cloth; add the lemon juice; turn into the cream mixture, which should be on the point of freezing, then finish freezing.

Delicious Ice Cream

1 quart milk	$\frac{1}{2}$ cup sugar
2 teaspoonfuls cornstarch	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup sugar	1 pint cream
3 eggs or 6 yolks	1 cup preserved ginger chopped fine
$\frac{1}{2}$ cup sherry wine	

Scald the milk over hot water; sift together the cornstarch and sugar and stir into the hot milk; continue stirring until the mixture thickens slightly, then let cook, stirring occasionally, for ten minutes. Beat the eggs, add the second half cup of sugar and the salt; mix and stir into the thickened milk. When the egg is "set," remove from the fire, and when cold add the cream and freeze. Add the ginger mixed with the wine and turn the dasher a little longer.

Ice Cream à la Mexicana

Put two cups of granulated sugar in a saucepan over fire and stir constantly until it is melted; add two cups

of English walnut meats and pour into a shallow, buttered pan to harden. When perfectly cold, grate or chop fine. Crumble two dozen macaroons into fine crumbs, then toast in hot oven a few minutes. Make a rich, boiled custard of yolks of four eggs, one-half a cup of sugar and two cups of cream, then pour over the stiffly beaten whites of two eggs and let cool. To one quart of cream add one-third a cup of sugar and beat until thoroughly mixed, add to the custard, and flavor with vanilla or maraschino, then freeze. When half-frozen add the macaroon crumbs and half of the grated walnut mixture and finish freezing. Let ripen two or three hours. Sprinkle remaining grated walnuts over the cream when serving. This is the typical ice cream of Mexico, just as it is served there.

Individual Baked Alaska, with Figs, etc.

Cut sponge cake into pieces of a size to take, when hollowed into a case, a slice of brick ice cream. The walls of the case should be half an inch thick, and the full height about an inch and a half. Set the cake on a board about an inch thick. Put the slice of cream inside and cover with a piece of cake half an inch thick. Spread the whole with meringue, then pipe meringue on the edge above, to make a well for fruit. Meringue may also be piped on the sides if desired. Dredge the whole with granulated sugar and set into a hot oven to color the meringue slightly. Remove to a serving dish and fill in the open space above with preserved or brandied figs. Peaches, apricots or chestnuts may replace the figs. With peaches, Melba sauce (raspberry) may also be used.

Meringue for Baked Alaska

Take two level tablespoonfuls of sugar for each white of egg; beat the whites dry, then gradually beat in the sugar.

Frozen Rice Pudding

$\frac{1}{2}$ cup rice
1 quart milk
 $\frac{3}{4}$ cup sugar
1 teaspoonful salt

6 egg-yolks
 $\frac{3}{4}$ cup sugar
1 pint cream
1 pint preserved peaches

Put the rice over a quick fire in a quart or more of cold water; heat quickly to the boiling point, stirring meanwhile; drain on a sieve, rinsing well with cold water. Return the rice to the fire with the milk, sugar and salt and let cook until tender. Beat the egg-yolks, add the sugar, and cook in the cream, scalded over hot water, until thickened slightly; then strain over the rice. When cold, freeze as ice cream. Add the preserved peaches, cut in small pieces, soaked in brandy or maraschino and drained. Pack in a mold, cover to exclude salt water, and let stand about two hours imbedded in equal measures of salt and crushed ice. Serve with a cold sauce made of equal parts of peach marmalade, sugar syrup and maraschino.

Rich Frozen Pudding

1 pint rich milk
6 egg-yolks
1 cup sugar
 $\frac{1}{4}$ teaspoonful salt

$1\frac{1}{2}$ cups cream
1 tablespoonful vanilla
 $1\frac{1}{2}$ cups fruit soaked in Jamaica
rum or sugar syrup

Scald the milk in a double boiler; beat the yolks, add the sugar and salt and beat again; then cook in the hot milk until the mixture coats the spoon; add the cream and, when cold, the vanilla and freeze as ice cream. Stir the fruit — a mixture of sultana raisins, candied cherries, pineapple, etc., soaked over night as above — into the frozen mixture. Pack in a melon mold, then bury in three measures of crushed ice to one of salt. Let stand an hour or longer. Serve with whipped cream sweetened and flavored.

Plum Pudding Glacé

3 ozs. chocolate	1 tablespoonful vanilla
$\frac{1}{4}$ cup sugar	1 junket tablet
$\frac{1}{4}$ cup boiling water	1 tablespoonful cold water
1 quart milk	$\frac{1}{2}$ lb. fruit (currants, raisins, citron, French fruit)↓
1 cup double cream	Syrup or wine
1 cup sugar	

Melt the chocolate over boiling water, add the sugar and water and stir and cook until smooth. Heat the milk, cream, sugar and vanilla to about 90° F.; stir in the chocolate mixture and the tablet, crushed and dissolved in the cold water. Let stand in a warm place until the mixture jellies, then chill and freeze. Add the fruit soaked over night in sugar, syrup or wine to cover and drained. Pack in a melon mold lined with lady-fingers. Let stand one hour or longer, packed in equal measures of salt and crushed ice. Serve with

Vanilla or Wine Sauce

Beat the yolks of two eggs until very light, then beat in, gradually, half a cup of powdered sugar. Stir over hot water until the mixture begins to thicken, then remove from the fire and beat until cold. Add a teaspoonful of vanilla extract or a tablespoonful of wine, and then fold into the mixture one cup of double cream, beaten until solid to the bottom of the bowl.

Melba Cup

Prepare a vanilla ice cream. Chill some preserved or brandy peaches, half a peach for each service. Also have ready some chilled Melba sauce. To serve, put a spoonful of the sauce in a long-stemmed glass; above this set a rounding spoonful of the ice cream; make a depression in the cream for half a peach, hollow side upwards; over this pour a spoonful of the sauce and serve at once.

Melba Sauce

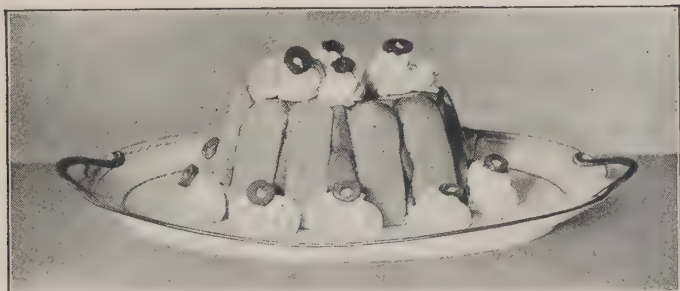
Pour part of the juice from a can of raspberries and reserve for sherbet or other use. With a wooden pestle press the pulp from the berries through a sieve fine enough to keep back the seeds. To a cup of this rather thick pulp add a scant three-fourths a cup of sugar (less if the berries have been sweetened) and stir over the fire until boiling. Chill before using.

Peaches, Melba Style

Select large choice peaches. Cut them in halves, and cook in a syrup made of sugar equal in weight to the peaches, and a cup of water to each pound of sugar. Remove the peaches as soon as they are tender. Let the syrup cook until very thick, then add maraschino as suits the taste. Have ready a sponge cake cooked in a ring mold. Pour the cooled syrup over it, set the chilled peaches above, and fill the hollows of the peaches with vanilla ice cream. Pour raspberry sauce over the whole.

Ice Cream Fruit Sundae

Prepare an ice-cream mixture that does not call for eggs — as junket or thin cream sweetened and flavored — and freeze in the usual manner. When ready to serve, put a spoonful of some variety of fruit preparation in the bottom of a glass cup; above this dispose the ice cream, finishing with more of the fruit. In their season, fresh fruits crushed and mixed with sugar are available. At other times, preserved strawberries, raspberry jam sifted to exclude the seeds, or figs stewed, sifted and sweetened, may be used. Maraschino may be added to the first two fruits and sherry to the figs, if desired. Preserved ginger (stems, in jars) chopped and mixed with the figs, makes a particularly good sundae.



CHOCOLATE CHARLOTTE RUSSE (BAVARIAN CREAM
FILLING). *Page 192*



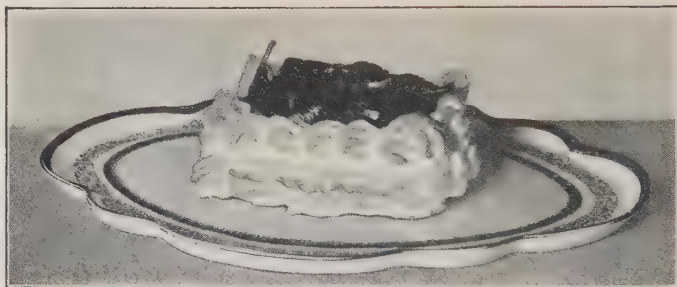
ALMOND MERINGUES, WITH STRAWBERRIES AND CREAM. *Page 189*



CHARLOTTE RUSSE, WITH JELLY ROLL. *Page 198*



POINSETTIA WAFERS. *Page 159*



ICE CREAM, BAKED ALASKA, WITH FIGS. *Page 197*



SMALL GRAHAM CRACKER CAKES. *Page 151*

Canned Apricot Ice Cream

Press one can of apricots (juice and fruit) through a sieve; add two cups of sugar and one quart of cream. Freeze as usual.

Peach Ice Cream

Remove skin and stones and press enough peaches through a potato ricer to make one cup and a half of pulp. Add the juice of a lemon and one cup and a fourth of sugar, and turn into the can of a freezer packed for freezing; let stand until chilled, add a pint of cream and freeze as usual. Serve with sliced peaches sprinkled with lemon juice and sugar and chilled.

Ice Cream Croquettes

Chop fine half a cup of blanched almonds, spread on a baking sheet and let brown in the oven. Stir occasionally that the nuts brown evenly; when cool they are ready to use. Dry macaroons, rolled smooth and sifted, may be used in place of the nuts, so also may sponge cake crumbs. The cake may be browned before or after being pulverized. Any variety of ice cream may be selected, but vanilla is usually chosen. Roll a large tablespoonful of the ice cream into a ball, then with a spatula turn it on a board (or plate) to a cylinder-shaped mass. Lift with the spatula to a brick mold lined with paper; put two or more croquettes into the mold, cover with a strip of waxed paper, and add other croquettes. Let stand, covered secure, half an hour or longer in a mixture of salt and crushed ice. Roll in the chopped nuts or fine crumbs while giving the finishing touches to the shapes. Serve at once with a little caramel sauce on the plate beside the croquette, or return a second time to the mold for chilling. Croquettes of vanilla ice cream rolled in sponge cake crumbs (browned in oven) are par-

ticularly good with strawberry or raspberry sauce. If a quantity are to be prepared, they may be chilled in the can of the freezer. The paper set between the layers should be quite firm. Have the mold chilled and packed before beginning to shape the croquettes.

Ice Cream, Tea Room Style

To serve, put a rounding spoonful of vanilla ice cream into a silver or glass cup and pour over a spoonful of marshmallow sauce and over that a spoonful of chocolate sauce. The two sauces should be kept slightly warm over warm, but not boiling, water.

Marshmallow Sauce .

Boil three-fourths a cup of sugar and one-fourth a cup of milk, without stirring, for six minutes (until the syrup threads). Set the syrup aside to cool. When about blood heat, beat with a spoon until thick and white. Set the saucepan into boiling water and stir until thin enough to pour. Stir half a pound of marshmallows with two tablespoonfuls of water (in a double boiler) until smooth. Pour the syrup over the melted marshmallows and beat together thoroughly. Keep warm, but not hot, while in use.

Chocolate Sauce

Melt one cup of sugar in half a cup of boiling water; cover, and let boil two or three minutes; uncover, and let boil to 236° F., or until the syrup threads; when cool, beat to a cream; set over a dish of hot water, add a teaspoonful of vanilla extract and two ounces (or more) of chocolate (melted) and beat until smooth and thin.

Orange or Lemon Ice

Boil a quart of water and a pint of sugar rapidly for fifteen minutes. Add a teaspoonful of gelatine softened

in a few tablespoonfuls of cold water, and strain. When cool, add a cup of lemon juice, and freeze as usual. For orange ice, add a pint of orange juice and the juice of one lemon. For peach ice, use one cup and a half of peach pulp and juice, the juice of two oranges and one lemon.

Apricot Bombe Glacé

Press the apricots in a can through a fine sieve; add the syrup from the can, one quart of water and two cups of sugar, and stir until dissolved. Then freeze as usual. Beat one cup of cream until firm, also the white of one egg till dry; beat one-fourth a cup of sugar into the white of egg, also a teaspoonful of vanilla or orange extract, then fold in the cream. Line a two-quart melon mold with the frozen apricot mixture, turn the cream mixture into the center and cover the cream with some of the apricot mixture, filling the mold to overflow. Spread paper over the ice and press the cover in place over the paper. The paper should extend in all places beyond the mold. Pack in equal measures of salt and crushed ice. Let stand about three hours. Chill the mold thoroughly before lining it with the frozen apricots.

Milk Sherbet with Decoration

Mix one cup and a half of sugar with the juice of four lemons and gradually beat in one quart of rich milk. Pack and freeze at once. Serve in glass cups with a cherry and a sprinkling of chopped pistachio nuts above.

Cider Frappé

Turn sweet cider into the can of a freezer packed as for freezing, and freeze as ice cream. Draw off the water, repack with ice and salt, and let stand an hour or more to ripen. Serve in small glasses, or in the thin red shells of

apples from which the pulp has been taken. Only a thin shell of apple should be retained, and the inside should be brushed over with lemon juice to keep it white.

Angel Parfait

Boil three-fourths a cup of sugar and one-third a cup of water to 240° F. Pour the syrup, in a fine stream, on the whites of two eggs beaten dry, beating constantly meanwhile. Beat occasionally until cold. Beat one cup of double cream and one cup of cream from the top of a quart jar of milk until firm. Fold the cream and one tablespoonful of vanilla extract into the meringue, turn into a mold, and pack in equal measures of salt and crushed ice. Let stand about three hours. Renew the ice and salt when needed.

Caramel Parfait

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{2}$ cup boiling water	1 cup double cream
2 egg-yolks	1 cup cream from top of jar of milk
$\frac{1}{4}$ cup sugar	

Cook the half cup of sugar to caramel; add the boiling water and let cook until the caramel is dissolved and thickened slightly. Beat the egg-yolks, add the one-fourth cup of sugar and the salt, mix thoroughly, then cook in the caramel syrup (over hot water) until the mixture thickens. Let become chilled. Beat the cream until quite firm throughout. Have a quart mold chilled in salt and ice. Fold the two mixtures together and turn into the mold, filling it to overflow. Cover the cream with paper and press the cover down over the paper, letting the paper emerge on all sides. Pack the mold in equal measures of salt and crushed ice. Let stand about three hours. When unmolded sprinkle with blanched almonds, sliced and browned in the oven, and crushed caramel.

Crushed Caramel

Stir and cook one-fourth a cup of sugar in a saucepan over the fire until melted and of an amber color. Turn on to an oiled pan. When cold pound in a mortar or in several folds of cloth. This may be sprinkled over chocolate, vanilla or caramel ice cream.

Tutti-Frutti Parfait

$\frac{3}{4}$ cup sugar
 $\frac{1}{3}$ cup boiling water
2 egg-whites

1 pint double cream
1 tablespoonful vanilla
 $\frac{3}{4}$ cup candied fruit

Boil the sugar and water to 238° F.; pour the syrup in a fine stream on the whites beaten dry. When cold, fold in the cream beaten quite firm, the vanilla and the fruit, chopped fine and soaked over night in wine or sugar syrup. Drain the fruit before adding it to the other ingredients. Turn into a mold, cover secure — with paper that extends beyond the mold on all sides and the cover of the mold. Pack in equal measures of salt and crushed ice. Let stand about three hours. Renew the ice as needed.

CHAPTER XV

PRESERVES, JELLY, CANNED FOODS AND PICKLES

Germes that cause fruit to spoil do not thrive and multiply in a heavy sugar syrup or in strong acids, thus we have "preserves," jams, jelly and pickles.

If all germes on and in food be destroyed, and all others excluded, such food may be kept for a year or longer; the process is known as canning.

In making preserves, jam, marmalade and jelly, from three-fourths to a full pound of sugar is allowed to each pound of prepared material. Such articles need not be sealed in air-tight jars.

In canning fruit, sugar is not a necessity; if the fruit is to be used as a compote, the quantity palatable to those who put it up is usually added. If the fruit is to be recooked in puddings or pies, it will have a fresher flavor, if it be canned without sugar and the sugar added at the time of the final cooking.

Fruit juice for use in sherbets, punch or jelly should be canned without sugar.

General Rule for Jelly Making

Put soft fruit into a saucepan, crush with a pestle and let heat slowly. Cut apples and firm fruit in quarters, and cook in water to cover. When hot throughout or cooked tender, turn into a cheese-cloth bag and let drain. After a time press out as much juice as possible for a

second quality of jelly. For each cup of juice take a cup of sugar. Heat the sugar in the oven; boil the juice twenty minutes; add the hot sugar. Stir until the sugar is dissolved, then let boil and skim until a little, when tested, will jelly slightly on a cold plate. Turn into tumblers, set on a cloth in a shallow pan of boiling water.

Often the mixture will jelly as soon as it boils after the sugar is added. 218 ° F. is about the right degree (measured on the sugar thermometer) for jellies containing apple juice.

Three-fourths a cup of sugar to a cup of juice is enough for apple and crabapple jelly. A cup of sugar is often used in currant jelly, especially if a few green currants, which are no disadvantage, are used.

When the jelly is cold, have rounds of paper an inch longer in diameter than the top of the glass; brush the edge of a paper with mucilage and press it over the top of the glass and close against the sides. The paper will exclude dust. If jelly is to be kept some time, set a small round of paper dipped in brandy, brandy side down, on the top of the jelly, before covering the top of the glass.

In canning in an open kettle, when the food is ready, adjust the rubber to the sterilized jar, fill the jar to overflow with the boiling food, adjust the sterilized cover and at once close secure. The jar during this process should stand in a saucepan on a folded cloth saturated with boiling water.

When the food is cooked in the jar, in a canner, steam cooker or similar receptacle, and is ready to be sealed, adjust the rubber, fill the jar to overflow with some of the same food cooked for the purpose in another jar, or with boiling water, or both; put on the sterilized cover, cover the receptacle and let cook from five to twenty minutes longer; then without disturbing the cover fasten secure. The time of final cooking depends

on the variety of food; five minutes will suffice for berries, while it is safer to cook corn twenty minutes.

Jars, covers and all utensils used in canning are sterilized by putting them over the fire in cold water to cover completely, gradually heating the water to the boiling point and boiling for some minutes.

Put up properly, the shrinking of food to leave an empty space in the jar does not affect the keeping of the food; the air inside the jar has been sterilized.

In making sweet pickles, do not cook firm melon rinds, pears, etc., too long in the syrup; long cooking in syrup withers and toughens the fruit. Heat the syrup on three successive mornings and pour over the fruit; finally reheat the fruit in the syrup and seal in cans. If such cooking will not suffice for melon rinds, cook them in boiling water first of all, taking care not to overcook.

Strawberry Preserves

Take equal weights of hulled and washed berries and granulated sugar; put these into a preserving kettle in layers, a layer of berries first; when the juice is well drawn out, set the dish over the fire and let the contents simmer twenty minutes after boiling begins; skim as needed; take the preserves out on plates, cover with glass — panes of window glass answer nicely — and set the plates in the sun; stir occasionally for two days, then store in glass jars. Some berries give a darker colored preserve than others. The fruit and sugar mixture should not be more than three inches deep on the plates. The above recipe is the one used by an expert who puts up strawberry preserves for sale. Miss Parloa, in *Farmers' Bulletin*, No. 203, gives a similar recipe, but cooks the fruit and sugar over the fire but ten minutes after boiling is once established.

Grape Conserves

3 pints grapes

8 cups sugar

$\frac{1}{2}$ lb. raisins, seeded

2 oranges, juice only

1 pint water

1 cup English walnut meats

Cook the grapes till softened; press through a sieve to exclude seeds and skins; add the other ingredients, save walnuts, and let cook twenty minutes; add the nut meats, let boil once then store as canned fruit. The pulp may be separated from the skins, cooked and pressed through a sieve to exclude seeds and then added to the skins and other ingredients. In this way the skins are retained. The grated rind of the oranges will give a higher flavored conserve.

Grapefruit Marmalade

Take any number of grapefruit. Allow a lemon to each three grapefruit. Cut each in quarters, then slice the quarters as thin as possible, through rind and pulp. Discard all seeds. Weigh the prepared fruit, and for each pound pour on three pints of cold water. Set aside for twenty-four hours. Let boil gently until the rind is very tender,—six hours or longer,—then set aside until the next day. Weigh the material (water and pulp), and for each pound take a pound of sugar. Let simmer until it thickens slightly on a cold saucer. Store in fruit jars or as jelly in glasses. Stir occasionally while cooking. This marmalade should be light in color. It thickens on cooling. Avoid cooking too long.

Peach Preserves

Boil two pounds of sugar and a pint of water five minutes, after boiling begins, and skim carefully; add two pounds of peaches cut in halves and then pared; let cook until tender (no longer); skim out upon plates and

drain off the juice into the syrup as fast as it appears. Boil the syrup about twenty minutes, skimming as needed. Return the peaches to the syrup; let boil up once, then store in jars. Crack a few stones and cook the meats with the peaches.

Brandied Peaches

Prepare peach preserves; half fill the jars containing the peaches with syrup, then add French brandy to complete the filling of the jars.

Apple Mint Jelly

Cut the apples in quarters, removing imperfections. Barely cover with boiling water, put on a cover and let cook, undisturbed, until soft throughout. Turn into a bag to drain. For a quart of this apple juice set three cups of sugar on shallow dishes in the oven to heat. Set the juice over the fire with the crushed leaves from a bunch of mint; let cook twenty minutes, then strain into a clean saucepan. Heat to the boiling point, add the hot sugar and let boil till the syrup, when tested, jellies slightly on a cold dish. Tint with green color-paste very delicately. Have ready three to five jelly glasses on a cloth in a pan of boiling water. Let the glasses be filled with the water; pour out the water and turn in the jelly. When cooled a little remove to a board or table.

Plain Apple or Crabapple Jelly

Make as above, omitting the mint leaves.

Apple-and-Grape Jelly

Take one pint or one quart, each, of apple and grape juice, prepared according to the directions given in the general rule for jelly making; boil twenty minutes, add

three-fourths a cup of sugar for each cup of juice taken and let boil to 218° F. For a more pronounced flavor of grape, take a quart of grape juice and only one pint of apple juice.

Flavorings for Apple Jelly

Besides mint leaves, given elsewhere, boil the thin yellow rind and the juice of one lemon with a quart of apple juice. Add a teaspoonful of vanilla to about a quart of jelly just as it is turned into the glasses. Boil two or three rose geranium leaves in the jelly and add these with the sugar.

Dewberry Jelly

Dewberries are not very rich in the jellifying principle, and while sometimes they may produce a satisfactory jelly, it is safer to combine them with apples. To the juice from ten quarts of apples use the juice of two quarts of berries. Let boil twenty minutes, add the sugar, heated in the oven, and let boil till the mixture jellies. Use three-fourths a cup of sugar to one cup of juice. To obtain the juice, cook the apples and berries separately. Of course, the apples call for longer cooking than the berries. Probably less apples could be used, and a jelly with more of the characteristics of the dewberries would result.

Blackberries and raspberries may be used in the same way; both combinations give most excellent jelly.

Mint Jelly, with Green Grapes

Pick green grapes from the stems; add half a cup of water to keep them from burning, cover and let simmer until tender, then drain in a bag. Reheat the juice with a bunch of mint; let simmer ten minutes; remove the mint and add a cup of sugar, made hot in the oven,

for each cup of juice. Let boil till thick or until it jellies on a cold dish. Tint delicately with green color-paste; skim as needed and turn into hot glasses. If the mint be crushed before it is added to the juice, a stronger mint flavor is assured.

Guava Jelly

Pick over, wash and pare guavas. Slice fruit and put over to boil with just enough water to cover. Simmer until fruit is soft and seeds drop from pulp. Strain over night through jelly bag. In the morning measure and add juice of one lime to each quart of juice. Boil rapidly until juice has boiled down about one-fourth, which can be told by the lowered ring on the inside of kettle. Then add sugar, one cup for each cup of juice, and boil until it drops thick from the spoon and is ready to jell. *S. B. M.*

Grape Juice

Wash the grapes, pull them from the stems, put them, covered, over a slow fire to simmer gently, and stir occasionally until the grapes are softened throughout; then drain in a bag, pressing out the last of the juice if desired. Rinse fruit jars and covers in boiling water; turn the boiling juice into the jars, set on a hot folded cloth, filling them to overflow; adjust the rubbers, remove the covers from boiling water and fasten the jars secure. Or, fill the jars with the strained juice, set them on a cloth laid over a rack in a steam cooker or canner, surround with lukewarm water and let cook ten minutes after the water boils, then close secure with rubbers and the sterile covers.

Canned Pears

Cut a dozen Bartlett pears in halves, leaving the stem on one half; pare and remove the cores. Make a syrup

of one cup and a half, each, of sugar and water and the juice of one lemon; skim, put in the pears and cook until just tender, no longer. With a silver fork drop the pears into a sterilized quart jar set on a cloth in a pan of water; pour in syrup to fill the jar to overflow, adjust the rubber and the sterilized cover and tighten the jar.

Peaches may be put up in a similar manner.

Apples and berries for pies should be put up without sugar; berries are ready for sealing when scalding hot throughout; apples, when softened and boiling. The main point thereafter, is to fill jars to overflow, have the covers sterilized (made hot in boiling water) and seal at once.

Canning Vegetables

Vegetables for canning should be fresh-gathered and used at once. Only young tender vegetables can be canned successfully. The length of time for cooking will vary a little from year to year, and depends also on the manner in which the cooking is carried out. In certain household canners the cooking is done under a heavy pressure of steam; this shortens the time of cooking. In a steam cooker the pressure of steam is less than in most canners, but is higher than when the cooking is conducted in a wash boiler fitted up with a rack on which the jars are set. Vegetables may be cooked in an open kettle and then transferred to jars, but in most cases cooking in the jars is preferable.

Canned Asparagus

Use only the tender portions of the stalks. Set these in the jars with the heads up; put lukewarm or cold water in the cooker; when heated to boiling, fill the jars with boiling salted water, adjust rubbers and covers and let

cook until tender, nearly an hour; tighten the jars before removal from the kettle.

Canned Peas

Put the shelled peas into cans, filling the cans to the top. Set the cans on a rack, covered with a cloth, over cold or lukewarm water, and let cook until the water boils. Fill the jars with boiling water to which a teaspoonful of salt to a quart of water has been added; adjust the rubbers and covers, but do not fasten them. Cover and let cook one hour, or until tender. Then tighten the covers and remove from the kettle; or let cool in the kettle, covered. By experimenting it is probable that the time of cooking may be cut down somewhat. Peas do not require as long cooking as string beans.

Canned String Beans

Prepare the beans as for the table, then pack into jars; set the jars into the steam cooker or other appliance, the covers beside them. Put lukewarm water into the cooker. Cover and let the jars heat gradually, then fill the jar to overflow with boiling water; again cover and let cook until the beans are right for the table; add salt — a teaspoonful to a quart — to boiling water and replenish the jars as needed; adjust the rubbers and covers and let cook about half an hour. Often two or three hours is all of cooking required.

Canned Beets

Cook the beets in a saucepan as for the table. When tender rub off the skins (in a saucepan of cold water) and set into jars; fill to overflow with boiling water, adjust rubbers and covers, set the jars on folds of cloth in a steamer and let cook about fifteen minutes, then tighten covers.

Canned Corn

In canning corn, the time may be materially shortened if only the pulp be taken, the hull being more difficult to sterilize. To prepare, score the kernels lengthwise of the ear, then with the back of the knife press out the pulp, leaving the hulls on the cob. As the pulp expands greatly in cooking, the jars must be filled only two-thirds full. When cooked about an hour, stir down the corn; use one can to fill two or three others, adjust rubbers and covers loosely, and let cook another hour, then see that all are in good condition. The covers of any cans that do not need further attention may now be tightened. If covers are displaced or jars need attention, cook fifteen minutes after adjustment, then seal.

Sour Gherkin Pickles

Wash the cucumbers (select those of small size) and throw them into salted water to remain over night. A cup of salt to a gallon of water is a good proportion, when the pickles are to stand in it not more than twenty-four hours. Scrub and wipe the pickles and throw them into an earthen jar. Scald vinegar and pour over the cucumbers; cover and let stand a week or longer; much depends on the strength of the vinegar. When ready to store, drain off the vinegar, and, if strong, use to scald other pickles. Pack the pickles in glass fruit jars; add cloves, red peppers, mace, nasturtium and white mustard seeds. Half a cup of mixed seeds and spices is enough for a gallon of pickles. Scald a fresh supply of vinegar and pour over the pickles in the jars. Let the jars stand on a cloth wrung out of boiling water while the vinegar is being poured into them. Fill the jars to overflow and cover as in canning fruit. The pickles will keep indefinitely.

Sweet Cucumber Pickles

Prepare as sour pickles, except add sugar to taste to the vinegar when scalding it. Sprinkle white and black mustard seed, pieces of horseradish, ginger root, green and red peppers through the cans.

Dill Pickles

Boil and skim three gallons of water, and two pounds of coarse salt. Select cucumbers from six to eight inches long. Wash and wipe them carefully, then put a layer of them in a big stone jar; one that will hold at least four gallons. Then put in a layer of grape leaves and a bunch of dill seed on the stalk. Go on in this way till the jar is full, topping it with plenty of cabbage leaves. On the very top put a large stone. Fill up with the brine, and let it stand. Quiet fermentation takes place. In about two or three weeks the cucumbers ought to be transparent, like amber, with a sub-acid flavor, which the grape leaves and dill give the cucumbers.

End of the Season Pickles

2 quarts green tomatoes	1 ripe cucumber
1 quart ripe tomatoes	$\frac{1}{2}$ cup salt
3 heads celery	3 pints vinegar
3 red peppers	2 pounds brown sugar
3 green peppers	1 teaspoonful mustard
3 large onions	1 teaspoonful pepper
1 small cabbage	

Chop the vegetables, sprinkle with the salt and let stand over night. Drain thoroughly, pressing out all the liquid. Add the other ingredients and cook until transparent (about one hour); store as canned fruit.

Cauliflower Mustard Pickle

Let a fair-sized cauliflower stand, head downward, in salted water an hour; break the flowerets apart and trim

the stems neatly. Cover with boiling water and let cook about six minutes; drain in a colander, then pack into a fruit jar. For one jar put over the fire a scant quart of vinegar. Mix together one-fourth a cup of mustard, one-third a cup of sugar, one tablespoonful of yellow ginger, one teaspoonful of turmeric, and one tablespoonful and a half of flour; pour a little of the hot vinegar over the seasonings and mix to a smooth consistency, then stir into the rest of the hot vinegar; stir until boiling and let simmer ten minutes; stir in one tablespoonful of olive oil and pour over the cauliflower in the jar. A tablespoonful of white mustard seed and half a tablespoonful of celery seed may be added to the jar as the cauliflower is put in. Other vegetables, as Brussels sprouts, button onions, slices of green tomato or thick slices of cucumber may be prepared by the same recipe. A mixture of several kinds of vegetables is often preferred.

Pickled String Beans

Select tender beans, keep them full length, but prepare otherwise as for the table. Cover with boiling water and let boil ten to fifteen minutes; drain, rinse in cold water and drain again. Pour on vinegar, scalding hot, to cover the beans. They will be ready to eat the next day.

Spiced Peaches

7 lbs. peaches
5 lbs. sugar
1 pint vinegar

1 cup water
 $\frac{2}{3}$ cup stick cinnamon
 $\frac{1}{3}$ cup whole cloves

Remove the skins from the peaches. Have ready a syrup made of the sugar, vinegar and water; add the spices, then add a few of the peaches with one or two cloves pressed into each; let cook a moment, turning the peaches if necessary to soften all sides. Set the peaches

in fruit jars. When all are cooked, reduce the syrup and with it fill the jars to overflow. Close the jars as in canning fruit.

Pears and ripe cucumbers or musk-melon rinds may be prepared in the same way. If the cucumbers and rind are not too tender, they may be cooked first in a little boiling water; if very ripe this is unnecessary. The shape of the pieces should be kept.

Sweet Pickled Prunes

Wash three and one-half pounds of prunes, then let stand over night in cold water to cover. Cook in the water until nearly tender. Drain off the water, add one cup of vinegar and one pound of sugar; also, if desired, one ounce of stick cinnamon broken in pieces and half an ounce of whole cloves; let cook until boiling, then add the prunes; let cook about ten minutes, then store as canned fruit.

Euchered Figs

7 lbs. fruit
5 lbs. sugar
1 pint vinegar

1 cup water
 $\frac{1}{3}$ cup whole cloves
 $\frac{2}{3}$ cup stick cinnamon

Make a syrup of the sugar, vinegar and water; skim and add the spices. Scald figs in the syrup on three consecutive mornings; on the third morning put the figs in jars, boil the syrup to the consistency of molasses and pour it over them. Put the spices into the jars with the fruit. If the figs have tough skins, let cook, in boiling water, barely to cover, until tender; use the water in which they were cooked in making the syrup.

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Intended Usefulness of Nyal Family Prescriptions

The following is but a partial list of Nyal Family Prescriptions. You will note that there are different preparations which are listed for the treatment of the same conditions. Experience has shown that sometimes one formula is more successful in certain cases, while another formula is more successful in others.

Nyal Analgesic: Recommended for treatment of neuralgia, lumbago, sprains, sore muscles and stiff neck. This preparation has been found to give quite prompt and grateful relief. Price 25c.

Nyal Antiseptic Compound: This is a splendid preparation for treating cuts, bruises, sores; as a gargle in sore throat and wherever an antiseptic with agreeable aromatic properties is desired; will prove to be a valuable aid. It really should be in every family medicine case. Price 25c.

Nyal Arnica Salve Compound: This is a splendid salve in treating cuts, bruises and sores. Price 25c.

Nyal Aromatic Cascara Sagrada: A laxative that is recommended in the treatment of chronic constipation. Particularly good because it does not tend to establish a tolerance for the drug and thus lose its efficacy. Excellent for women and children. Does not gripe unless taken in large doses. Price 25c.

Nyal Baby Cough Syrup: This preparation does not contain narcotics. It is a syrup prepared especially for children's use and is usually sufficiently laxative. You need not hesitate to give your children this product. Price 25c.

Nyal Baby Laxative: It is very efficient without causing griping or purging. It is sufficiently mild that it will not cause any annoyance. Price 25c.

Nyal Beef, Iron and Wine: Recommended as a splendid tonic, appetizer and aid to digestion. This is a high quality product.

Nyal Campho-Mentholated Balm: A non-irritating dressing for wounds; very soothing when applied locally in nostalgia, colds and other irritating conditions of the nasal mucous membranes. Price 25c.

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Nyal Catarrhal Balm: Intended for treating catarrhal conditions of nose and throat and for local application in hay fever, colds, rhinitis. Two sizes, 25c and 50c.

Nyal Compound Wild Cherry Cough Syrup: Intended for treatment of coughs and colds as an expectorant; a soothing syrup for congested conditions of the throat.

Three sizes: 25c, 50c and \$1.00.

Nyal Corn Remover: Softens the corn, permitting its quick, painless removal after four or five applications. Can be applied without injuring delicate, healthy skin.

Nyal Croup Ointment: A local application in cases of spasmodic croup. Has a soothing effect, relieves congestion and hastens the restoration of normal breathing. Price 50c.

Nyal Diarrhoea Mixture: Quite effective in the treatment of Summer complaint and diarrhoea. Recommended for use at the beginning of the attack. Two sizes, 25c and 50c.

Nyal Digestive Tablets: This preparation supplies pepsin, rennin and diatase which promote digestion; and carminatives to stimulate the natural flow of stomach juices. This is a highly satisfactory treatment. Two sizes, 25c and 50c.

Nyal Eas'Em: Intended to be dusted in the stockings as well as to be rubbed on the feet. Splendid for relieving tired, aching feet; also destroys disagreeable odors and lessens excessive perspiration. Price 25c.

Nyal Eczema Ointment: Particularly good for skin affections generally, as well as for eczema; reduces and overcomes itching, promotes healing and acts as a cooling, soothing dressing to the affected skin. Price 50c.

Nyal Emulsion Cod Liver Oil: Contains 40% high quality cod liver oil combined with hypophosphites of lime and soda prepared as a palatable nutritive tonic. Valuable in wasting diseases and as a tonic for convalescents. Two sizes, 50c and \$1.00.

Nyal Eye Water: Recommended for application to tired, aching eyes, conjunctivitis, styes, pink eye and inflamed eyes. Price 25c.

Nyal Figsen: A most popular tablet for constipation. Very prompt, pleasant and thorough in its action. It does not gripe nor purge. It is particularly good for children, aged persons and invalids as well as for the most robust because it is eaten and tastes like a pleasant confection. Three sizes, 10c, 25c and 50c.

In certain conditions, headache remedies are very needful and helpful, particularly in emergency cases or to afford temporary relief

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in cases that require medical attention. **Nyal headache preparations** are designed for emergency uses. We always recommend that where there is a continuance or reoccurrence of headache, that every medical assistance be sought. **Nyal headache preparations** are not intended for continued use.

Nyal Headache Powders: Two sizes, 10c and 25c.

Nyal Headache Tablets: Two sizes, 10c and 25c.

Nyal Headache Wafers: Two sizes, 10c and 25c.

Nyal Hot Springs Brand Medicine: A general alterative and blood tonic. Splendid for use at any time of the year with beneficial results in the treatment of conditions popularly denominated as "blood disorders." This preparation has met with splendid success and we highly recommend it. Price \$1.00.

Nyal Huskeys: Amber colored antiseptic throat pastilles—cooling and soothing to the throat. Splendid as an aid in relieving cough, hoarseness and throat irritation. Price 25c.

Nyal Laxacold: A most excellent and very efficient preparation for stopping the disagreeable symptoms that accompany a cold. It possesses laxative properties, keeping the bowels open which hastens relief. Price 25c.

Nyal Laxative Herbs: In this preparation we have combined some of the best and most popular herbal laxatives. Result is a desirable mixture for the relief of constipation and one that will appeal to those desiring a good old fashioned medicine. Price 25c.

Nyal Liniment: This will be found useful in cases of pains, sprains, neuralgia and those other minor affections where a counter-irritant is needed. Two sizes, 25c and 50c.

Nyal Liver Salt: An effervescent saline laxative with lithium citrate which is considered of especial value in the treatment of those who suffer from rheumatism and indigestion.

Two sizes, 25c and 50c.

Nyal Malt Wild Cherry and Cod Liver Compound with Hypophosphites: A reconstructive tonic particularly useful in cases of malnutrition and wasting diseases. When one is "run down" and must build up, this tonic helps the assimilation of food, promotes strength, acts to increase the number of red corpuscles. In the wasting of tuberculosis, convalescents from typhoid fever and for the aged it will be found very acceptable. Price \$1.00.

Nyal Pain Reliever: Particularly good in cases of colic pains that sometimes follow the drinking of very cold or impure water, eating of unripe fruit, exposure to cold, etc. Two sizes, 25c and 50c.

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Nyal Pepsin Cordial: This preparation affords splendid results in cases of dyspepsia or heartburn and in many cases of gastric irritation it will afford very grateful relief. Price 50c.

Nyal Prickly Heat Powder: For Summer rashes due to heat. This powder will be found particularly pleasing and effective for application to the skin rashes so prevalent with babies. It is very soothing and useful for both adults and infants. Price 25c.

Nyal Rectone: An application for the relief of piles. It is a very healing application and is in a convenient collapsible tube with special rectal tube for convenient and practical application directly to the effected parts. Price 50c.

Nyal Soothing Syrup: This preparation does not contain any narcotics. It is a sedative syrup with splendid qualities for quieting fretful children. It is perfectly harmless though quite effective. Price 25c.

Nyal Stone Root Compound: This product has been found a very valuable diuretic, stimulating the kidneys, thus eliminating substances that are harmful to health. In some forms of irritated bladder, it helps to relieve congestion. We know of no preparation for kidney treatment that has been more successful.

Two sizes, 50c. and \$1.00.

Nyal Throat Gargle. An antiseptic throat gargle very helpful in tonsilitis or simple sore throat; also acts as a prophylactic aiding and preventing severer forms of throat ailments. Price 50c.

Nyal Tonic: An excellent invigorating tonic designed to stimulate the appetite and promote nourishment to the muscles and nerves. Also a splendid stomachic tonic. Price \$1.00.

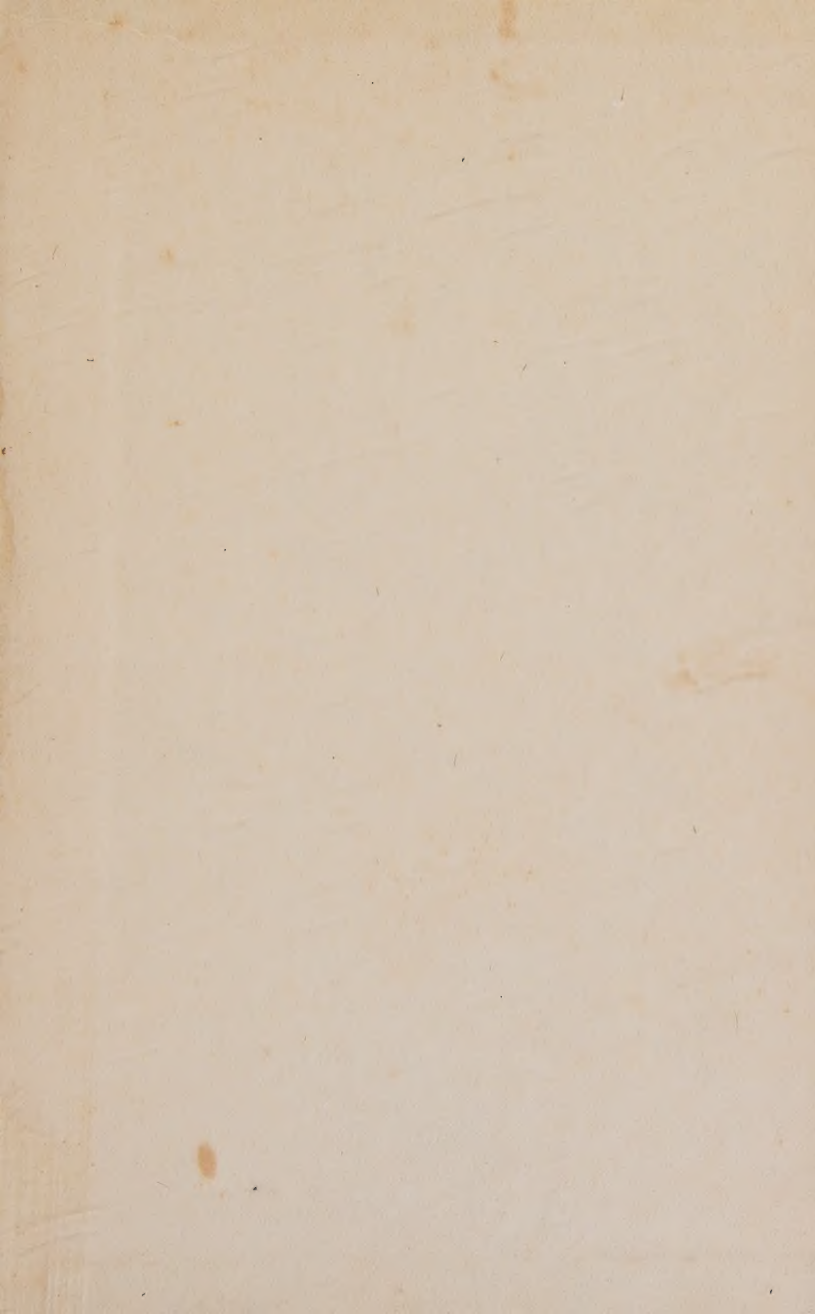
Nyal Vegetable Prescription: This is a combination of herbs of well known reputation for those nervous and functional disorders peculiar to women. It has been found a very desirable and dependable preparation for aiding Nature in restoring the natural functions. We really know of no preparation that has provided such relief and satisfaction. Price \$1.00.

Nyal Winter Cough Syrup: A pleasant and palatable syrup for coughs, bronchial irritation, hacking coughs and tickling throat sensations. It aids by its expectorant action, in expelling the accumulated mucous and relieving the tight congested feeling associated with many bronchial troubles.

Three sizes, 25c, 50c and \$1.00.

Nyal Worm Wafers: This preparation is designed to be eaten like candy, therefore removing what is usually the most objectionable feature with similar preparations. Its action is the same as the worm syrup. Price 25c.





NYAL COOK BOOK



PREPARED BY
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